

Carolina country



20 CAROLINA COUNTRY ADVENTURES

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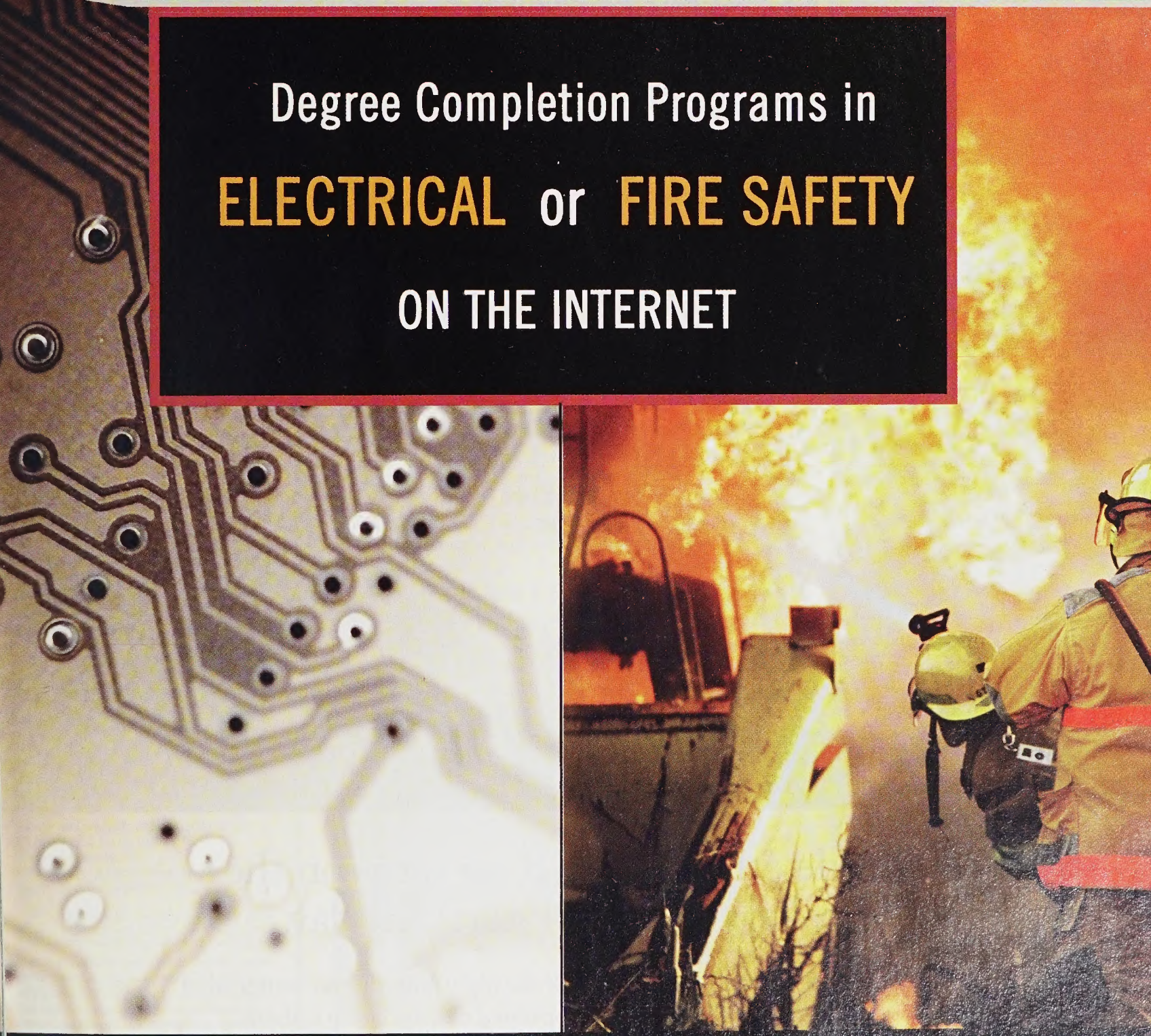
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Your Touchstone Energy® Cooperatives 
(800) 662-8835
www.carolinacountry.com

Editor
Michael E.C. Gery, (800/662-8835 ext. 3062)

Senior Associate Editor
Renee C. Gannon, CCC (800/662-8835 ext. 3209)

Contributing Editor
Karen Olson House, (800/662-8835 ext. 3036)

Editorial Intern
Jennifer Taylor

Creative Director
Tara Verna, (800/662-8835 ext. 3134)

Senior Graphic Designer
Warren Kessler, (800/662-8835 ext. 3090)

Contributing Graphic Designer
Dan Kurtz

Business Coordinator
Jenny Lloyd, (800/662-8835 ext. 3091)


Advertising Manager
Jennifer Boedart Hoey, (800/662-8835 ext. 3077)

Executive Vice President & CEO
Chuck Terrill

Senior Vice President, Corporate Relations
Nelle Hotchkiss

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 850,000 homes, farms and businesses in North Carolina. The 27 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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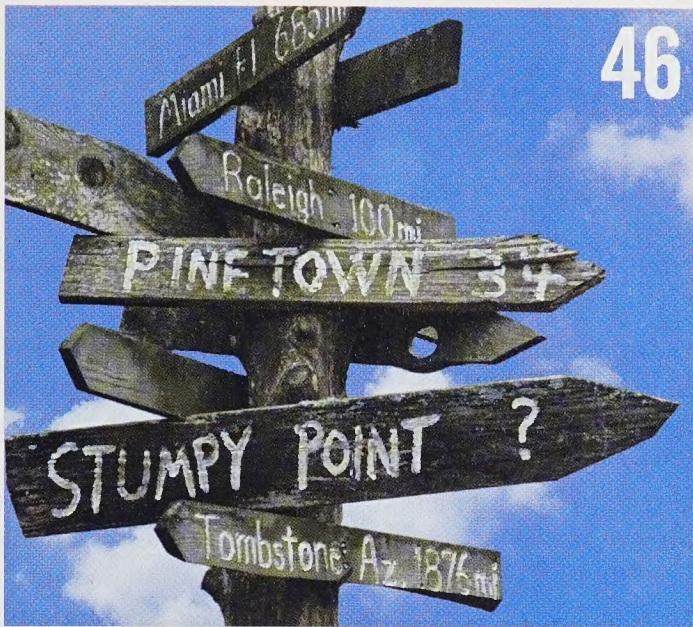
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Wild horses in the Swan Beach area of Currituck County's Outer Banks. (Photo ©2006 Brooke Mayo Photography)

2006 TOUCHSTONE ENERGY TRAVEL GUIDE
One state. Five regions.
Twenty adventures that offer a little something to everyone, whether you're into the well known, the unusual, the historical or the just plain fun. (Stumpy Point is about 100 miles from Bear Grass. See page 75.)

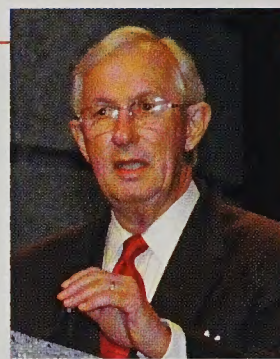


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The mission of Rural Development

By Jim Andrew



Generally I am referred to as the Administrator of the Rural Utilities Service or the RUS Administrator. Officially, however, my title is United States Department of Agriculture Rural Development Utilities Program Administrator. The administrator has had responsibility for the Rural Electric and Rural Telephone programs within the USDA since their inception. A reorganization in the 1990s brought Rural Water and Waste to the agency. Broadband and high speed Internet was also added to the Telephone program. With the Rural Electric program, Telephone/Broadband, and Water and Waste, the agency really does service rural utilities.

USDA Rural Development has three agencies, each with an administrator. All three are responsible for delivering financing options and programs for the development of rural America.

There is the Utilities program. That's me—Rural Electric, Rural Telephone/Broadband and Rural Water and Waste.

Then there is Rural Housing. This combined the Farmers Home Administration and all the programs it encompassed. Rural Housing also is involved with community projects such as fire trucks, law enforcement equipment, telemedicine and the list goes on.

Rural Business is the third. This agency has multiple programs for rural small and large businesses, hospitals, health care and manufacturing facilities, and again the list goes on.

Taken as a whole, the USDA Rural Development mission can literally build a community from the ground up.

What has that got to do with electric cooperatives?

There are two reasons. The money we electric co-ops borrow from the government—and I say we because I am a member of an electric co-op—is not the government's money. The government has no money. It has a very big printing press just down the street from my office, but it has no money. The money is the taxpayer's money: yours and mine. You and I and those who came before us have been using this money to build an investment in electric services that have brought prosperity and a better life for rural America. And we are paying it back. I contend that the REA /RUS program is one of the most, if not the most, successful rural development programs of modern times. When electric power came to the farms and ranches of rural America, dollar power came to your rural community.

In my role at RUS, I view every loan and grant, whether for electric, telephone, water, waste or high speed Internet, as an investment in a community, and we expect a good return. I contend that an electric line in Colorado is good for Colorado, but it is also good for the country and will, in the long run, bring a return to me in Georgia or you wherever you live.


As important as electricity has been, isn't a safe and secure water system in our communities just as important? What about health care and grocery stores, auto repair shops, not to mention the agriculture supply businesses? Then there is safe and affordable housing for the people who work in these businesses. Shouldn't we consider an investment in any one of these ventures good for the area and for America? As the community prospers isn't our electric co-op strengthened and doesn't it prosper as well?

At this point, broadband and high speed Internet are critical to rural America.

As most of you know broadband means larger capacity. Discussions revolve around "bigger pipes," and as in water, bigger carries more. President Bush recognized this need for high speed, large volume capacity early on and has challenged the country to be connected completely by 2007.

Why is it so important? History tells us that if the railroads didn't come through your town it dried up. When the high speed highways connected major business areas and the highways bypassed your town, it began to shrink. Everyone believes and now really knows that high speed Internet connection to the Web will be just as important as the railroads or the modern highway system. Every day business and industry becomes more dependant on that connection to the world.

I know a man in Georgia who has a junk yard and auto repair business on the edge of the town. My business was located only a couple of hundred yards closer to town than his. He told me recently, "I wish I could get high speed Internet. The phone company won't run it out here to me." I thought that strange since I had it just a few hundred yards from him. I guess he is considered rural. He described to me the slowness of his connection. He was frustrated at having his customers wait while he located parts and determined prices.

This is an opportunity that is knocking right now. Please help your community get connected either through your influence or with your co-op. If you missed the first train, don't miss this second chance. We are all involved in the mission of rural development. 

Excerpted from Jim Andrew's remarks at the annual meeting of the National Rural Electric Cooperative Association (NRECA) in Orlando, Feb. 21, 2006.

Jim Andrew has been Administrator of the Rural Utilities Service (formerly REA—Rural Electrification Administration) since November when the Senate confirmed him as President Bush's appointment. He served on the board of directors of Jefferson Energy Cooperative in Georgia and as president of both Georgia EMC, the cooperatives' statewide association, and NRECA. He lives in Washington, D.C. and Millen, Ga.

County humane services

I was reading the story in the March issue about adopting pets ["First Person," March 2006]. My daughter adopted a dog from the humane society in Montgomery County where we live, and they paid for all of her shots and to be fixed. I think a lot of people don't know this service is available, but it is.

My other daughter had her cat fixed and applied to the county for funding to help pay for this, and based on her income they paid for 75 percent of the cost. This is another way the county tries to control the animal population.

Check with your county and find out what services are available. Then you can enjoy your pet and not have to worry about its health. I appreciate Montgomery County offering this to animal lovers such as we are.

*Tennie Knight
Troy*

Pepsi belongs in Carolina Country

I have been receiving your magazine ever since I moved into my new home in Raeford. I enjoyed reading it until the February issue. I hope I can continue to enjoy your magazine but I would love to state something.

My husband works with Pepsi and is in management. When he came home to see the front cover of your magazine he went ballistic. The front cover has Coca-Cola, a company that was born in Atlanta and is bottled in Georgia. Pepsi was born in North Carolina, and that's what makes it our best-selling cola today.

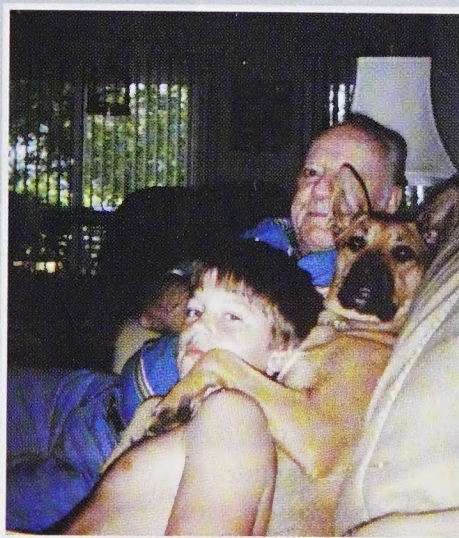
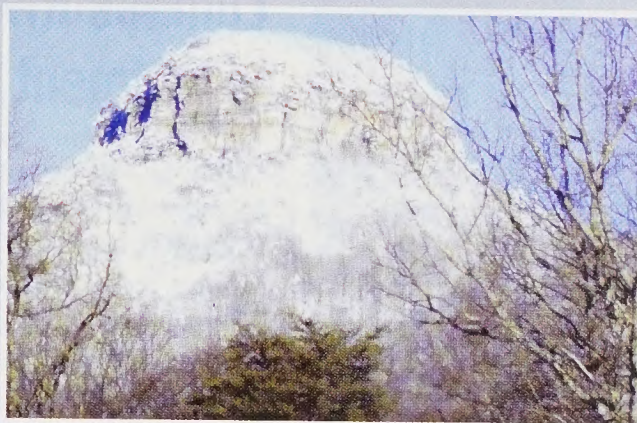
*Elizabeth Kemker
Raeford*

Contact us

Web site: www.carolinacountry.com
E-mail: editor@carolinacountry.com
Phone: (919) 875-3062
Fax: (919) 878-3970
Mail: 3400 Sumner Blvd.
Raleigh, NC 27616

We don't have to travel many miles to see beautiful landscapes. We have this one right in our own backyard. It was a Sunday morning in February, with sun shining on a snowy Pilot Mountain.

*Keith and Joann Stutts
Pinnacle*



I love taking pictures and catching people by surprise. These three were watching a football game on TV. In front is my brother Chance Brantley. He's with our friend Ed Applegate and dog Mary Jane.

Krystal Brantley, Charlotte

These are a few of the goats my grandsons enjoyed while visiting the farm on Hwy. 98 in Durham where Ken and Angela Everhart live with their three daughters

Susan Pearce, Durham



I have never seen a gourd vine like this. It grew from seeds that were thrown out, and it grew better than the ones in the garden. My mother, Viola Holman, who lives in Rising Sun, sent me these pictures. The vines went from her front steps to the end of the house, around the corner and then some. There were 25 gourds on it.

Mae Luffman, East Bend

Cooperative leaders gain seats on national boards

North Carolina electric cooperative leaders gained seats on boards of directors this winter at the annual meeting of several national cooperative organizations.

Jim Mangum, general manager and CEO of Wake Electric in Wake Forest, was newly elected to the National Rural Telecommunications Cooperative. He succeeds Michael Finney of Halifax EMC in that position. Mangum also serves on the National Information Solutions Cooperative board.

Jimmy Horton, of Rowan County, was elected for a second term on the board of the Federal Rural Electric Insurance Exchange. Horton is president of the board at EnergyUnited, based in Statesville.

Nelle Hotchkiss, of Raleigh, was elected to the Touchstone Energy board of directors. She is senior vice president for corporate relations with the North Carolina Association of Electric Cooperatives, and she succeeds NCAEC's CEO Chuck Terrill on the national Touchstone Energy board.

Lumbee River EMC receives the only community investment award granted this year by NRECA

Lumbee River Electric Membership Corporation (LREMC), based in Red Springs, received in February a National Community Service Community Investment Award from the National Rural Electric Cooperative Association (NRECA) to honor Lumbee River EMC's leadership and contributions in a public-private partnership that spurred economic growth and strengthened the quality of life in its community. It was the only such award given at the cooperatives' national meeting which drew some 12,000 people in Orlando.

The service area of Lumbee River EMC is a formerly tobacco and textile dependent region and includes more than 40,000 members in Robeson, Hoke, Scotland and Cumberland counties. The demise of both of these major industries, which began in the mid 1990s, affected the communities and lives of people who live here. This is evident in high unemployment, poverty and per capita income levels below the national and state levels, and a high school dropout rate that exceeds 50 percent.

In 1996, the Lumbee River EMC board of directors and CEO Ronnie E. Hunt formally recognized the need for economic development. They recognized that without significant action by the community, economic and educational stagnation would have continued and future growth would have gone elsewhere, along with the younger residents.

An innovative action plan was subsequently endorsed through a partnership with the University of North Carolina at Pembroke, Robeson Community College, the Public Schools of Robeson County, Robeson County Commissioners, and the Town of Pembroke.

In 1998, Lumbee River EMC set out to provide a technology-focused education and training center surrounded by a business park to spur economic growth. The center, known as COMtech, is situated on 600 acres near Lumberton, Pembroke and highways I-95



Lumbee River EMC board chairman Roger Oxendine holds the award the co-op received for its community investment work in recent years. Shown giving the award are National Rural Electric Cooperative Association CEO Glenn English (center) and NRECA president Ronald R. Bergh

and U.S. 74. This site was certified by the North Carolina Department of Commerce for business and industrial tenants in 2002.

Lumbee River EMC also helped build infrastructure for commercial land development. For example, a local developer could not obtain funding to finish a primary sewer line for a commercial property. Lumbee River EMC made a secured loan from general funds for the line, which enabled construction of a shopping center. Because of Lumbee River EMC's quick response, a third shopping center is under construction on the 109-acre parcel.

During the past nine years, the community investment initiative has resulted in more than 1,000 new jobs and more than 100 new businesses. New water and sewer systems have made possible the construction of more than 1,000 new homes. The area has received more than \$100 million in capital investment.

Over a four-year period more than 4,000 action hours were contributed by individuals and 2,000 hours of work by committees and local boards to support the COMtech project.

Today, the project is nearly self-sufficient with a two-year operating reserve and 12 tenants either occupying buildings in the park or with buildings under construction. In just over four years, the COMtech project has directly and indirectly generated more than \$58 million in community investment.

Resource information for energy-efficiency tax credits

The 2005 federal energy policy act provides federal tax credits for consumers who make certain energy-efficiency upgrades to their homes or purchase fuel-efficient hybrid-electric vehicles. The tax credits took effect in January 2006, and most will be available only in 2006 and 2007, unless the Congress extends them.

Federal regulations governing these tax incentives are still being issued by the Treasury Department/Internal Revenue Service. To find out if you qualify for the new tax credits, consult your tax advisor and look for the relevant IRS tax forms, which will be published as soon as the rules are finalized. You will need to keep receipts proving that you purchased the improvements.

Certain state tax incentives for the same homes, vehicles and equipment may also be available in North Carolina.

Qualifying upgrades for your home include adding insulation, exterior

doors, windows and skylights, and purchasing more efficient heat pumps, central air conditioners, furnaces and water heaters. These must meet Energy Star and other efficiency requirements. Also available are various incentives for commercial buildings, solar energy installations, fuel cells and purchase of hybrid-electric vehicles.

Businesses are eligible for tax credits for buying hybrid vehicles, for building energy-efficient buildings, and for

improving the energy efficiency of commercial buildings.

Small-producer biodiesel and ethanol credits will benefit small agri-biodiesel producers by giving them a 10-cent-per-gallon tax credit for up to 15 million gallons of agri-biodiesel produced. In addition, the limit on production capacity for small ethanol producers increased from 30 million to 60 million gallons. This is effective until the end of 2008.

For more information

Alliance to Save Energy

www.ase.org/content/article/detail/2654
(ASE's site also links you to information available in Spanish.)

Tax Incentives Assistance Project

www.energytaxincentives.org

Commercial Building Tax Deduction Coalition

www.efficientbuildings.org

U.S. Department of Energy

www.eere.energy.gov (DOE's Office of Energy Efficiency and Renewable Energy)

Internal Revenue Service

www.irs.gov/newsroom/article/0,,id=153397,00.html

www.treas.gov/press/releases/reports/alt%20ener%20veh%20guidance.pdf

WHERE IN CAROLINA COUNTRY IS THIS? →



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by April 7 with your name, address, phone number and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
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The winner, chosen at random and announced in our May issue, will receive \$25.

The Winner:

The scene in the March magazine showed the former Hayward Edwards home place on the left of Hwy. 742 as you head east between Oakboro and Wadesboro. It's just inside the Union County line near Flint Ridge Road. This is Pee Dee EMC territory. Correct answers were numbered and the \$25 winners chosen at random were Tim and Diane Smith of Oakboro, members of Union Power Cooperative.



Install tubular skylights to brighten rooms naturally

Using electric lights in a home is a major energy consumer. Just count up all the light fixtures and lamps, multiply by 100 watts (the most common incandescent bulb size), and you will realize how much electricity is used.

Using compact fluorescent bulbs can reduce this electricity usage by 75 percent, but the total is still a significant number. Also, during summer, all the heat that light bulbs (any type) create must be removed by your air conditioner so it is a double cost.

Installing a tubular skylight is a good alternative to a standard skylight and is less expensive. I installed a tubular skylight in my own garage where I am building an all-electric car. It provides adequate light for working during the daytime. On a clear night with a full moon, my garage is bright enough to walk through without stumbling over car parts.

Most tubular skylight kits are designed similarly. A small tube, usually in the nine- to 21-inch-diameter range, runs from a hole in the roof to a hole in the ceiling below. The interior surface of the tube is highly reflective. Only a low percentage of its brightness is lost as the light reflects back and forth inside the tube as it travels down from the roof.

The roof end is covered by a clear bubble dome. This allows it to catch more light. Some tubular skylights use a prismatic dome designed to capture more of the sun's lower rays, during morning and near evening, and direct them down into the tube. The lower end of the tube, which is flush with the room ceiling, is covered with a frosted diffuser cover so it looks similar to a recessed light.

A tubular skylight will not produce as much light as a large skylight and it obviously provides no attractive view of the sky. As you noted though, installing a skylight in a room with an attic above requires the construction of the lightwell from the ceiling to the roof. This often requires a professional installer.

Another advantage of a tubular skylight over a large standard skylight is energy efficiency. Even the best skylights, with efficient glass or triple-pane plastic, have a much lower insulation R-value than the roof. A tubular skylight requires only a small hole from the ceiling to the roof and the interior of the reflective tube is relatively airtight. It will lose much less energy at night than a skylight and gain less heat during the summer.

You have several options when selecting a tubular skylight. First, check the roof area for shady spots you should avoid. Also go up into the attic and look for a clear path for the tube from a sunny roof location to the room you want to brighten. The straightest and shortest path for the tube is best. Even though the interior of the tube is highly reflective, up to 98 percent, more length and bends reduce the brightness at the ceiling diffuser.



The roof end of the tubular skylight is covered by a clear bubble dome. This allows it to catch more light.

Most tubular skylight kits include a commonly used length of straight reflective tubing. If you need elbows or additional tube length to fit around trusses or other obstructions in the attic, they are available from the manufacturers. They generally recommend the maximum length of tube for adequate light.

If you have a problem finding a relatively straight and direct path from the roof to the room ceiling, another option is to install a flexible tubular skylight. These are made of a reflective accordion-like tube that can be flexed around attic obstructions. This makes installation much easier, but some brightness is sacrificed due to the twists and turns in the tube wall.

Still another option would be several tubular skylights in one room or one in several rooms, as a grouped design. The reflective tubes run from each of the diffusers in the room(s) to a single opening, similar to a small rectangular skylight in the roof. Various sizes can accommodate two or four tubular skylights.

Some common tips for more natural light are painting your walls a bright, preferably white, color. Hang decorative mirrors on the walls. Install Venetian mini-blinds to allow you to vary the amount of natural light. Without them, uncomfortable afternoon glare may force you to close curtains and switch on a lamp. ☺

Where to buy tubular skylight kits

Solatube	(800) 966-7652	www.solatube.com
Sun-Dome	(800) 596-8414	www.sun-dome.com
Sun Pipe	(800) 844-4786	www.sunpipe.com
Sun-Tek	(800) 334-5854	www.sun-tek.com
Tru-Lite	(800) 873-3309	www.tru-lite.com
Velux	(800) 888-3589	www.veluxusa.com

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association. Send inquiries to: James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244, www.dulley.com

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The North Carolina Birding Trail

Takes Flight



Starting in the coastal plain, the trail will take birdwatchers to natural areas of rural regions throughout the state

By Sidney Cruze

When Stacy Tomas moved from Texas to North Carolina to work for the Cooperative Extension Service, one of the first things she did was to explore our state's coast. While traveling the rural areas of eastern North Carolina, she was amazed by the beauty and the birds she saw. Upon return, she asked her colleagues, "Where's the bird trail?"

"I was surprised there wasn't one," Tomas says. "North Carolina definitely has the resources. People who have grown up here don't always see how special it is, but the state's ecology makes it an environmental gem—the perfect place for a birding trail."

That was nearly three years ago. Today Tomas, who promotes sustainable tourism in North Carolina, is part of a statewide effort to open the first section of the NC Birding Trail. The trail will be developed in stages, and once completed, it will have three regional components: one in the coastal plain, one in the piedmont and one in the mountains. The first loop, the coastal plain, should be open this summer and completed by the end of 2006.

Unlike a typical trail that winds its way across a forest floor, the NC Birding Trail will be a driving route that connects birdwatching sites. The goal is to have at least one site in each of the state's 100 counties. Because most potential sites are already established and open to the public, the Trail will require little in the way of new infrastructure, making it a new but low-cost tourist attraction.

It's a model that is gaining popularity across the country. Already more than three dozen states have at least one birding trail. Perhaps the oldest and most successful is in Texas. Almost 2,110 miles long, the Great Texas Birding Trail connects 300 wildlife-viewing sites in 40 counties along the Texas

Gulf Coast and the Rio Grande Valley. Since it was founded in the early 1980s, the trail has put people in touch with nature, promoted wildlife habitat conservation and boosted local commerce.

Birders tend to travel far from home to see birds during the spring and fall, a time that's considered off-season in most of our coastal communities. Economic impact studies reveal that those who visit the Texas Trail spend about \$78 per day while traveling, with an average trip lasting seven or eight days. North Carolina is located along the Atlantic Flyway—the bird migration route that extends from the Atlantic Coast west toward Ohio—making it a popular destination for birders from around the world. The coastal plain section of the NC Birding Trail promises to attract these birders to eastern North Carolina, bringing valuable dollars to a rural region that is rich in natural resources, yet economically distressed in some areas.

Initial plans for a state bird trail started seven years ago, but sputtered to a halt due to a lack of funding. Tomas revived the idea in 2003 and pulled together a steering committee that includes representatives from six organizations: the NC Wildlife Resources Commission, Audubon NC, NC Sea Grant, NC Cooperative Extension, NC State Parks, and the US Fish & Wildlife Service.

Thanks to volunteer Lena Gallitano, a long-time birder and past president of the Wake Audubon Society, the project gained momentum. Under her leadership, the steering committee developed a strategic plan, a mission statement and a Web site (www.ncbirdingtrail.org). "She's the angel of the bird trail," Tomas says. "We couldn't pay her enough for what she's done."

Above: Tundra swans in winter at Lake Mattamuskeet, Hyde County.

Benefits for rural regions

Gallitano also served as the project's public face; she promoted the concept to communities like Plymouth that stand to benefit from it. In the late 1990s, after watching many of the local manufacturing jobs disappear, people in this small Washington County town decided to focus on nature-based tourism as an economic development tool.

"As one of the most financially stressed counties in the state, we knew we didn't have a lot of money to invest in the infrastructure that would attract industry," Mayor Brian Roth says. "At the same time, we realized the nearby Roanoke River is a huge draw for tourists."

Roth was looking for ways to promote Plymouth's natural assets when he met Gallitano at the first public Birding Trail meeting. "She unveiled plans for the Trail and I thought, 'Here's a parallel effort. How can we make them come together?'"

The Plymouth Town Council passed a letter of support for the Birding Trail last fall. "We're committed to promoting it any way we can," Roth says. "We have nice hotels and restaurants here, so we're well suited to take advantage of all the Trail offers. Ecotourism doesn't require a lot of infrastructure, it just takes marketing."

As an organization, the NC Birding Trail has raised funds from the NC Department of Commerce, the Weyerhaeuser Company Foundation and the GoldenLEAF Foundation to promote the Trail. Salinda Daley, the Trail's first full-time staff member, will coordinate these outreach efforts, while local communities and state agencies work together to make sure people can find and enjoy the Trail. The Commerce Department will advertise it on its Web site www.visitnc.com and place maps in visitors' information centers across the state. Communities will highlight local attractions like museums, art galleries and restaurants and prepare for tourist traffic.

"Tourism is the key to the Trail's success," Tomas says. "Without it, there's no chance for economic development, and no reason for communities to support the trail."

As the state's second largest industry, tourism attracted more than 49 million people to North Carolina in 2003, making it the sixth most visited state in the country. Ecotourism is one of the fastest growing segments of the travel business, and North Carolina, with its varied topography, is in the perfect position to capitalize on it.


"I don't think people realize how good it is," says Simon Thompson, the owner of Ventures Birding Tours, a Skyland-based company that leads birding and wildlife tours in locations worldwide. "North Carolina has the highest peaks on the east coast as well as the coastal swamps. Such a wide range of habitat is unusual in a state."

Conservation-minded folks will be pleased to learn that the Trail's success is likely to foster protection of this environmental wealth. "Our theory is that if you bring tourists to these rural areas, the local residents will see that their natural resources have an economic value and take steps to protect them," Gallitano says. The NC Birding Trail hopes to also

encourage environmental education in these areas by connecting educators to wildlife and bird-focused teaching resources.

"Our mission is to promote three aspects of the trail that are interrelated: sustainable bird watching, economic opportunity and conservation education," Gallitano says.

With more than 60 sites already selected in the coastal plain east of Interstate 95 and 40 more sites awaiting review, the coastal plain component of the Trail is taking shape. All of the sites offer access to birds and other wildlife as well as local attractions. Some of them, like Pea Island National Wildlife Refuge in Dare County, the Palmetto-Peartree Preserve in Tyrrell County, and Hammocks Beach State Park in Onslow County, are well-known birding destinations. But others, such as the Stewart Parkway River Walk in Washington County and the Cashie Wetlands Walk in Bertie County, are examples of our state's hidden treasures, easy-to-reach places where you can explore our coastal habitat and see the birds that live there.

"What's amazed me is that a lot of small towns have great birding sites," Gallitano says. "But chances are, if you don't live nearby, you don't know about them. The North Carolina Birding Trail will help you find them." 

Sidney Cruze is a Carolina Country contributing writer who lives in Durham.



North Carolina Birding Trail
NC Wildlife
Resources Commission
1722 Mail Service Center
Raleigh, NC 27699-1722
www.ncbirdingtrail.org

Top: The dunlin is a regular visitor on North Carolina's coast.

Above: Snow geese winter at Pea Island National Wildlife Refuge and the surrounding region. (Photos by Nate Bacheler)



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Blending agriculture, art and tourism across North Carolina

HANDMADE IN AMERICA AND HOMEGROWN HANDMADE

By Jennifer Taylor

North Carolinians across the state are all too familiar with the concerns facing rural areas, farming and the uncertainty of the tobacco industry. With tourism serving as one of the primary economic producers for the state, North Carolina has found a way to boost its rural areas and create a new tourist niche known as “agri-Cultural” tourism. The purpose of this new market is to diversify economic development in rural communities and generate interest in the cultural aspects of art and agriculture.

HandMade in America

HandMade in America, based in the Blue Ridge Mountains, was the first initiative of this kind. The premise of the grass-roots project was based not on luring industry to the area, but on an industry already available: arts and crafts.

HandMade in America aimed to revitalize mountain culture by promoting the craftspeople working in studios, galleries and shops in small towns and on winding roads. As this project began to take shape, other industries were incorporated, including local agriculture and lodging. Combining agriculture with arts and crafts was relatively simple. As it turned out, some of the local farmers were also craftspeople and vice versa, said Carole Summers with HandMade in America.

In 1996, HandMade in America published a trail guide called “The Craft Heritage Trails of Western North Carolina.” The guidebook is a journey through more than 1,000 miles of mountain roads from Murphy to the top of Mt. Mitchell. It includes studios, galleries, inns and historic sites and has sold more than 40,000 copies. With an increased interest in farming and agriculture, HandMade later produced another trail guide entitled “Farms, Gardens and Countryside Trails.” This guidebook features gardens, orchards, vineyards, farms, walking trails and farmer’s markets, as well as natural attractions and heritage sites. Each travel guide fits easily into the glove box of a car and is arranged so that each tour “loops” back to or near where you started.

Since its inception, HandMade in America has been recognized as a model for local tourism promotion and recruited by other regions throughout the country to help with community


revitalization. For more information on HandMade in America, visit www.handmadeinamerica.org or call (828) 252-0121. The guidebooks are \$19.95 each and can be ordered by calling (800) 331-4154.

Homegrown Handmade

Loosely based on the HandMade in America model, a project called Homegrown Handmade has also developed in North Carolina. To stimulate tourism and showcase the state’s art and agriculture as well, the N.C.

Arts Council and N.C. Cooperative Extension formed a partnership and received a grant from Golden LEAF to fund a trails project. Golden LEAF (Long-term Economic Advancement Foundation) works to promote social welfare and provide economic assistance for North Carolina citizens and communities. Using HandMade in America as a template and training tool, the Arts Council and the Cooperative Extension created Homegrown Handmade.

This alliance of art and agriculture focuses on the farm trails and art roads in the Piedmont and eastern North Carolina. The project should be completed by the end of May and will include 72 counties. Currently, Homegrown Handmade has eight trails available with detailed descriptions of each area and a listing of the art and farm life in the trail towns. Each trail spans several counties and guides you in and out of rural eastern North Carolina. The trails are cleverly titled with names like “Rock Stew Ramble” and “Hushpuppies, Pimento Cheese and Sweet Tea.” From a path at the corner of Cucumber and Vine at the Mt. Olive Pickle Company to a strawberry patch in Scotland Neck, these trails are a great escape to get “in tune with the rhythm of the countryside.”

To visit the “agri-Cultural” farm and art trails created by Homegrown Handmade and their participating communities and partnerships, go online at www.homegrownhandmade.com 



The Perfect Place for a Picnic



Hilliard's Knob, Watauga County

Hilliard's Knob in the Forest Grove community of Watauga County is the perfect place for a picnic (see photo above). The knob was named for my great-great-great grandfather, Alf Hilliard, who once owned the land. Hilliard's Knob towers over the community below. One can see distant mountain peaks of North Carolina and ridges stretching into Tennessee.

My family has picnicked here on several occasions. Spring winds sweep over the peak, reminding everyone that the long winter is almost over. Summer brings an abundance of green. You can probably catch a glimpse of a horse or cow grazing contently in a nearby pasture. Autumn is perhaps the best time to be there. Nature's glory abounds as the mountains seem to be afire with

leaves changing colors. When there is no summer haze, you feel like you can see forever in the crisp, clear mountain air.

I'm sure that there are many other places in North Carolina that match the beauty of this place. Still, there is one thing that makes this place more special than all the others. It was on this very spot on a picnic that I proposed to my wife, and she is a beauty that cannot be surpassed.

Steven Hagaman, Zionville / Blue Ridge EMC

Pisgah National Forest

In July 2005, my mom, sister, brother and I went to the Pisgah National Forest, along with another family, who are also our neighbors. We went for a week-long outing in the mountains. Since it was summer vacation—our dads were working—it was a carefree getaway for fun. Even though

it was a six-hour ride, it was worth every minute.

We rented a little cottage on a creek, which is where we spent our mornings catching everything we saw that crawled. Then we'd get in our bathing suits, make peanut butter and jelly sandwiches and be on our way. Every day it was a new place. We would hike in the mountains and find waterfalls that were good enough to jump from. We couldn't wait for lunch. Each picnic was more exciting than the last. We would eat our lunch sitting on rocks, with our feet in the water planning where we'd set up our picnic site the next day.

This is now a tradition for both of our families that we will never forget.

*Lindsey May, 13, Waxhaw
Union Power Cooperative*



Thanks to everyone who sent in reports of the perfect place for a picnic. You can see more of the submissions at our Web site. Next month we'll publish your stories of "the ugliest lamp I ever saw." (Deadline was March 15.) For more themes and the rules of this series, see page 18.



The Blue Ridge Parkway

The Blue Ridge Parkway with its scenic views is a wonderful place for a picnic. Through the years my family and I have enjoyed many picnics along this ribbon of road that rides the crest of the Blue Ridge Mountains.

Any spot along the parkway that is large enough to accommodate a vehicle and a tablecloth spread on the ground or tailgate is an ideal spot.

There are picnic tables at many of the overlooks, too. Here in the High Country we have access to picnic areas at Doughton Park, Jeffries Park and Price Park. There are tables, grills (furnish your own charcoal) and restrooms available.

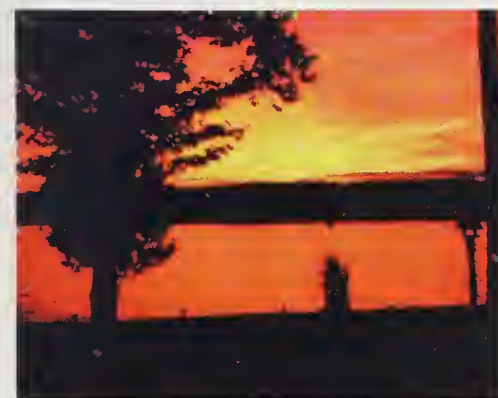
When you plan a picnic on the Parkway, be sure to bring a lawn chair or blanket so you can relax after enjoying a hearty picnic in one of the most beautiful places provided by nature.

M. L. Howell, Fleetwood / Blue Ridge EMC

Goat Island

My family, friends and I have had many picnics on Goat Island, which is on beautiful Lake Gaston. This is just one of the great sunsets we have seen from the island.

Cynthia Marie Dawes, Roanoke Rapids / Roanoke Electric Cooperative



The 1940s picnic shelter

It's a beautiful picnic spot. But it's not far off in a secluded wooded area or meadow. It's 20 feet from the road and to the side of our front yard on the edge of a pond. The picnic shelter built circa 1940 by my husband's grandparents has faithfully hosted fish fries, baptisms, farmers meetings, family reunions, birthday parties, Fourth of July picnics and any spontaneous "let's have a cook-out tonight" notion that we have. My husband Johnny will guarantee nothing less than hot dogs and hamburgers cooked on a real charcoal grill. They have come to be known as "daddy burgers" and my kids and their friends will be first in line. I would love to know just how many he has served up over the years.



The shelter has even served as a produce stand where we sell sweet corn in the summer. Re-roofed, re-wired and repaired by my husband and sons, it is truly a family shrine. There is a brick cooker that was used in years past for fish fries. The floor is dirt and sports a new layer of pine straw for special occasions. Each year we have a big Fourth of July picnic followed by fireworks put on by the younger crowd in the field across from the pond. It is safer to be on the opposite side of them. Memorial Day, Independence Day, Labor Day, the shelter is lit with red, white and blue lights. At Christmas it is decorated with red and green lights.

My father served three years as a U.S. Army Medic in Europe during WWII. What he experienced influenced him to tell me when I was a child that I lived in the best place in the world. It is true. I haven't found a more perfect picnic spot than my own backyard.

Nancy Mullis Kelly, Sanford / Central EMC

The lake in the woods

About 15 years ago, my family lived in an old white farm house off Highway 87. The six of us brothers and sisters would pack a loaf of bread, a jar of peanut butter, a jar of Mom's homemade peach or blackberry preserves and a jug of Kool-Aid. We'd hike about a mile into the woods behind our house. There was this old hay barn and a lake. We'd catch catfish, swim or just play all day. This was the best picnic place in North Carolina.

There was a tobacco field next to our house. After a few years they started using the lake to water their crops. This made the lake shallow and revealed old lawn mowers and all sorts of old junk that rested at the bottom of our perfect picnic site.

Stephanie Grubb, Cameron / Central EMC

Union Point Park, New Bern

Youngsters run at resting flocks of gulls, laughing as the screeching birds take flight, circle and land again. Union Point Park of New Bern is alive.

"Look! The bridge is opening! It's a blow boat!" Sail and power boats parade by, traveling the Neuse and Trent rivers. Even on cold, blustery days cars park with heaters running while passengers enjoy the scenery.

Wrought iron fences edge the water side of the bricked walkway, insuring protection and a leaning place. Piers outside a gated area provide for fishing and docking. Benches along the walk's grassy side invite people to sit, read, eat, bask or chat. Greetings pass between strollers.

"Come kids. Food's ready!" The large picnic tables are perfectly situated for families and friends having home-cooked picnics. Nearby youngsters enjoy play equipment, climbing bear statues and running in the short grass.

People toss bread and crackers into the air for sea gulls. There is fierce and noisy competition for the tasty morsels. On weekends and evenings, the seagulls make room for young people playing touch football and other games.

Hot dog, soda, sunny bench and a friend. Picnicking is good in Union Park.

Shirley L. Struyk, New Bern / Tideland EMC



Molly Acre Lane, Lincolnton

North Carolina is a very beautiful place and dear to my heart. Almost anywhere in North Carolina could be the perfect site for a picnic. However, I don't want to have to leave home to have a picnic each time. So a few years ago, my husband built us a beautiful pond behind our house. It's not a large pond, but it is stocked with fish and it is clean. We also have a small building for getting out of the rain, just in case. It's peaceful and quiet and you can experience lots of wildlife. But most of all it's in our backyard to enjoy. With or without a pond you can really enjoy a picnic at home. You can share this with your friends and neighbors. My perfect site is on the Tin Min Road in Lincolnton, and it is called Molly Acre Lane.

Sharon Willis, Lincolnton / Rutherford EMC

Out by the still

One summer in the 40s when I was 10 and growing up in Morganton, my older sister, a friend and I decided to have a picnic. We gathered our food and a table cloth and went beyond the pasture by the creek.

We came upon a huge flat rock and spread the cloth and food and sat on the rock to eat our lunch. We covered the food and followed the creek until we saw something strange in the distance. As we came closer, we realized it was a moonshine still, though we'd never seen one. We ran home and told Daddy about the still. The owners sent word to him to be quiet; they were moving the still. Someone had seen us! Before my sister died I asked her if she remembered the picnic. She replied, "I certainly do!"

*Lucille B. Phelps, Windsor /
Roanoke Electric Cooperative*

On the truck after the fair

My daughter and her cousin traditionally go to the Wayne County Fair in Goldsboro every year together. It was in October on a cool afternoon at dusk when my daughter Hannah and her cousin Thomas decided they were hungry. What better place to have a picnic but on top of her Uncle Ray's truck? Thomas and Hannah were not only exhausted from riding all the rides, but they were still so excited and wanted to talk about them to each other.



I laid a towel out on top of the truck for them to sit on. The Ferris wheel was in front of them so they were able to watch the riders and hear their screams of excitement. Sitting there eating hot dogs, cotton candy and drinking Pepsi was the finishing touch to a perfect day. After seeing the picture with the American Flag and the Ferris wheel I realized this is what memories are made of.

Sally Tyndall, Fremont / Tri-County EMC


On the creek

My daughter Jamie and I loved to picnic at the creek on our property. The creek meanders through our horse pasture. This one spot was the very best to sit and have our snacks. A huge, almost flat rock was directly in the middle of the creek. We would sit on the rock in the sun like big lizards, soaking it up. Jamie would play in and around the creek or we would lie back on the rock and listen to the water as it made little waterfalls around us.

My daughter is now married and living away. It's been several years since we've had a picnic on our rock. But it's still there, waiting for us.

Joyce P. Frye, Carthage / Randolph EMC

Under the old tree

I have a favorite picnic place under a 150-year-old tree alone in the middle of the field. Only a small graveyard from the 1800s is close by. I like to sit under it with my sandwich and think about all that tree has seen. I wonder if children used to play there and why it is still there all alone, or if long ago others had picnics there. I end up taking a long nap and dreaming of what may have been right there in my picnic place. 

*Annie Chisenhall, Newport
Carteret-Craven EC*

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Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures about these themes. If yours is chosen for publication, we'll send you \$50. You don't have to be the best writer. Just tell it from your heart.

June 2006

The Best Summer I Ever Had

By kids age 16 and younger.

Deadline: April 15

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I'll Never Eat That Again

A bad experience with food.

Deadline: May 15

August 2006

How I Almost Flunked

What were you thinking?

Deadline: June 15

September 2006

"My Finest Sports Moment"

Send pictures, too.

Deadline: July 15

The Rules

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos must be 300 dpi and actual size.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay \$50 for each submission published. We retain reprint rights.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to: Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616
Or by e-mail: finer@carolinacountry.com
Or through the Web: www.carolinacountry.com

Carolina Country Scenes

PHOTOGRAPHY BY MONA KAY SADLER



Mona Kay Sadler is an accountant in Pamlico County and a serious photographer as well. Prints of these photographs and others are available mounted on art-board and sprayed. They measure 16-by-20 inches and cost \$80 each, plus \$5.95 sales tax and \$13 for shipping. They also are available in 16-by-20-inch and 8-by-10-inch sizes, unmounted and unsprayed, on her Web gallery at www.moka.smugmug.com/gallery/1120332

Mona Kay Sadler
P.O. Box 87
Alliance, NC 28509
Phone: (252) 745-4607, ext. 3
E-mail: mokaphotos@earthlink.net

Top to bottom:
Rhems United Methodist Church, near New Bern
Cows in spring, near Asheboro
Tomatoes at the Ellerbe farmer's market
Campbell's Creek steaming mailbox, near Aurora

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Road Trips With Children

15 tips that may help you stay safe and sane

Children's initial excitement over family vacations can quickly turn to restlessness once the car ride begins. Vicky Lansky, author of "Practical Parenting Tips," advises careful packing and creative planning to make traveling more fun and less stressful for both you and your kids.

"Traveling with kids just takes longer," Lansky says, "so incorporate that into your travel schedule."

Here are 15 helpful hints from the revised and updated edition of "Practical Parenting Tips" to keep kids entertained and well behaved on the road.



Stop the car and pull over when fighting begins, and don't go again until it ends.

Restlessness

- 1 Change seating arrangements occasionally. One adult in the back seat for all or half of a trip usually makes for a pleasant journey.
- 2 Stop periodically to run and play with your kids. The break will be good for everybody. Pack a bottle of bubbles or a package of balloons in the glove compartment. Stash a Frisbee, ball or jump rope under a seat.
- 3 Announce a treat for the end of the day so everybody will have something to look forward to (a swim in the pool, dinner at a favorite restaurant, and so on).

Back Seat Bickering

- 4 Stop the car and pull over when fighting begins, and don't go again until it ends. Get out of the car, if necessary, until your kids have quieted down.
- 5 Let kids know that fighting endangers everyone in the car. Consider deducting something from their allowance or withholding privileges.
- 6 Use money as an incentive for kids old enough to be swayed by cash. Add an amount (a quarter or whatever) to each child's spending

account for each hour without an incident; deduct the same amount for bickering. Settle up each day.

Food

- 7 Carry a supply of small paper plates or coffee filters with little slits in the center. Put the sticks of Popsicles or ice cream bars through the slits, and there will be less mess on car seats and fingers.
- 8 Cut sandwiches in different shapes for easy identification: triangles for those with mustard, rectangles for those with mayonnaise, and so on.
- 9 Avoid taking very salty foods in the car; they inspire lots of drinking—and lots of rest stops.

Beverages

- 10 Put liquids in well-washed plastic lemon or lime juice dispensers. (Remove the inserts with a sharp pointed object, replace after filling, and screw the caps back on.) If you freeze them before you leave, the drinks will stay cool as they melt.
- 11 Satisfy both hunger and thirst with grapes. Older kids may prefer frozen grapes. (Always cut them in

half for toddlers.) Oranges serve the same purpose, but they're messier.

- 12 Keep flexible straws in your purse. They make it easier for children to drink from cups in a restaurant or car seat.

Activities

- 13 Draw faces on your child's fingers or hands (or your own) with washable markers. Enjoy puppet "conversations" or stories.
- 14 Store colored pencils, markers and coloring books in a metal cake pan with a sliding cover. (Crayons melt in the summer heat.) The closed top provides a work surface.
- 15 Buy postcards at your favorite places while traveling. Write down the day's activities on the back of the cards. Put them in a scrapbook you've brought along, or mail them to your home address. 6

Vicky Lansky's "Practical Parenting Tips" (Meadowbrook Press, \$9, www.meadowbrookpress.com) has sold over 700,000 copies. The recently revised and updated edition contains more than 1,500 helpful hints to save parents time, trouble and money.

Shell Cove House

This beach house includes amenities for people who otherwise were limited to watching others have fun

Text and photo by Lisa Taylor-Galizia



Among its accommodations for physically disabled people, the house's oceanfront pool features a roll-in ramp and a specially designed floating beach chair with wheels for pool or beach adventures.

In a line with other expansive Emerald Isle oceanfront homes, the Shell Cove cottage doesn't stand out from the rest, but a closer look reveals something very special.

Built nine years ago by Bill and Paxon Holz, the single-family house has since been adapted to meet the special needs of their son, Mac, who was paralyzed after a diving accident in the summer of 2003. The modifications for their son have opened the doors for others who face similar challenges, yet want to fully enjoy the beach.

After the accident, the Holz family began making changes. First, they installed a wheelchair-accessible elevator so Mac could easily join the family in the upper-floor living and sleeping quarters. Today, the six-bedroom, seven-bath rental house has one bedroom equipped with an overhead "all-room" lift, a bathroom with roll-in shower, and furniture placement in other areas that leaves ample room for wheelchair mobility.

The oceanfront pool features a roll-in ramp and a specially designed floating beach chair with wheels for pool or beach adventures. Ramps lead to the pool and ocean, opening a world of coastal pleasures for many who thought they were limited to simply watching others have fun. The covered decks and porches are appointed with rocking chairs, and the pool is fenced for privacy.

"My mission has been to make it available to people who might otherwise never be able to go to the beach," said Paxon Holz, who has suffered along with her son the many challenges he faced and still faces as a quadriplegic. "The modifications don't preclude any family from enjoying the cottage. It just makes it available to even more people."

In fact, she said, one family has rented the cottage every summer for the past nine years. Others have written glowing remarks in the guest book, thanking the Holz family for making a beach vacation not only possible, but most enjoyable.

"Until you experience the loss of mobility, either personally or through a loved one, you can only imagine the feeling of isolation and deprivation,"

Mrs. Holz said. "Things that you and I

take for granted are no longer possible."

Those feelings prompted Mrs. Holz to make changes, yet she wanted all the amenities to be subtle, such as levered door knobs, to keep the house from "looking like a hospital." The entertainment center is filled with books, puzzles and board games, as well as Nintendo and X-Box games. Those with more literary interests can enjoy the quiet reading nook with a chaise.

"We treat our people first class," said Mrs. Holz. (She delivers fresh flowers, fruit and other gifts before the guests arrive.) "I hope these features will encourage people to come to the beach, to get in a warm ocean on a calm day, to sit on the porch and just enjoy the camaraderie of family."

Carteret-Craven Electric Cooperative provides electric power to the Shell Cove cottage. 

You can see the house at
www.emeraldislerealty.com/property3.aspx?ID=SHLCV

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Homemaker Invents A Shine That Lasts

Miracle Polish Ends Struggle With Tarnishing Metals. By D.H. Wagner

Lately, I have noticed quite a few newspapers and magazines praising a polish formulated by a homemaker. The articles report that Donna Maas grew frustrated with rubbing and scrubbing her silver, brass and other metals only to see them quickly become dull and tarnished again. Determined to put an end to her constant battle with tarnish, Donna formulated a metal cleaner and it's transforming the industry.

Anita Gold, nationally syndicated columnist and expert on the restoration of antiques calls MAAS (named after its inventor) "The best and most amazing polish in the world." Ms. Gold wrote in her column, "A truly miraculous polish referred to as "miracle polish" that'll turn the most disastrous pieces into the most de-bright-ful is MAAS Fine Polishing Creme For All Metals, which cleans, restores, preserves and polishes to perfection any brass, copper, chrome, silver, stainless steel, aluminum, gold or any other metal with amazing results - no matter how badly stained, spotted, discolored, flood-damaged, weathered, dirty, dingy, drab, or dull they may be."

Since I had an old brass lamp in desperate need of restoration, this journalist decided to put MAAS to the test. The lamp had been stored in the garage and was in far worse condition than I remembered. I was flabbergasted as I watched the polish wipe away layers and years of tarnish. Never have I used anything so easy. The lamp actually looks better than when I purchased it. Better yet, months later it's still glowing!

The polish worked so effortlessly, I decided to refurbish my mother's antique brass and copper cookware. The badly stained pots and pans developed black spots that had been impossible to remove. MAAS wiped away years of built-up residue even from the most discolored pieces. While polishing, I noticed MAAS applying a shine on the stainless steel sink. WOW! The shine is



polish tested. **Good Housekeeping Institute** recommends MAAS for restoring heavily tarnished heirlooms stating, "MAAS cleans best and gives lasting results." The Miami Herald says, "Polishing product can renew old silver." The Chicago Tribune headline sums it all up by saying "One Amazing Polish Is The Best At Everything."

How did a homemaker come up with something the industry's experts couldn't? The reporter in me had to find out.

During our interview Donna explained, "I enjoy the warmth that beautifully polished metals add to a home. However, not the hours it took to keep them tarnish free. The harsh cleaners left my hands dry and burning - one instant silver dip smelled so bad I felt sick. When I read the label, I discovered it contained cancer-causing ingredients! That's when I became determined to find a better way to care for the metals in my home."

And that she did. Her formula developed with a chemist friend quickly restores and leaves a deep, rich one-of-a-kind luster beyond anything I've ever seen.

"To my surprise," Donna reveals, "the formula far exceeded my original goal. MAAS restores glass fireplace doors, clouded crystal vases, fiberglass, linoleum even plastic. The restorations were so remarkable everyone suggested that I sell my invention on television".

Donna sent samples of her polish to televised shopping channels and both QVC and Home Shopping Network asked Donna to personally appear on TV to demonstrate her product. 17,000 viewers called during MAAS' debut and encore performances brought a million dollars in record-breaking sales.

Leona Toppel, was about to throw away a brass chandelier. "No amount of elbow grease could shine it up. With very little effort (a big plus since I suffer from arthritis) MAAS made that chandelier look like new. It's been years and to everyone's surprise it's still glowing."

"MAAS outperforms every polish I've tried," Donna beams with satisfaction. "So if you're as tired as I was of cleaning metals just to see tarnish reappear a few weeks later, MAAS it!"

At Last, A Polish That Keeps Metals Shining!

Finally, you can restore every metal and more to it's original beauty with MAAS easy wipe-on, wipe-off, no-wait polish. Just send \$12.95 plus \$2.95 S&H for one large 4 oz. tube of MAAS. Save when you order two tubes and receive a FREE polishing cloth (total value \$33.85) for only \$19.95 plus \$4.95 S&H. IL residents please add 7.75% sales tax. Mail your order to:

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MAAS

unbelievable and although I wash dishes every day, the shine keeps-on-shining. And it's no longer covered with ugly water spots, water just rolls off the protective finish and down the drain.

An independent consumer study of 28 metal polishes reports, "MAAS Polishing Creme has no equals in all around polishing performance..." MAAS retained its shine longer than every



YOU KNOW YOU'RE FROM

Carolina country if...

...you put pennies on the tracks

so the train would smash them flat

From Frances Farmer, Madison



From Frances Farmer, Madison

- ... You put pennies on the railroad tracks so the train would smash them flat.
- ... You've stood in front of the old Mayodan Coca Cola plant and watched the bottles go around in the front window during the bottling process.
- ... You and a buddy each bought a Coke in the bottle and the one who got the one from farther away had to pay for them.
- ... You bought a 5-cent pickle from the huge jar on your way home from school.
- ... You got to ring the school bell for dismissal of school.

From Camille Carswell

- ... You tasted your Paw Paw's muscadine wine.
- ... Your momma kept a grease can on top of the stove with strips of fried fat back on top.
- ... Your alarm clock on Sunday mornings was your Daddy turning up the TV when the "Gospel Singing Jubilee" came on. Then "Ju-bi-lee" rang in your head all day.
- ... Saturday afternoon was time for watching wrastlin' with Chief Wahoo McDaniels, Rick Flair and Ricky Steamboat.
- ... Your favorite TV personalities were Arthur Smith, Fred Kirby, his horse "Calico," Uncle Jim Patterson and Clyde McLean.

From Sheba Spurling, Dallas

- ... You have 50 chickens and 30 rabbits and know all their names and can tell them apart.
- ... You made pickled corn-on-the-cob in a crock.
- ... You strung up green beans to dry out so you could make leather britches.
- ... You rubbed walnut on ringworm to make it go away.
- ... You put a wild onion in a hole in the ground, waited for it to move, then jerked out a grub worm.
- ... Your mother-in-law told you to pour your breast milk on the ground to make your milk dry up.
- ... You drop off your kids a block away from the school because they are ashamed of your car.
- ... Your husband picks up the kids from school while hauling a 400-pound male pig on a trailer.
- ... You took baby pigs you were raising on a bottle for Show-and-Tell at school.

From Josie Jefferson Flynn Widener, Dobson

- ... You hauled water in large barrels from the creek to the tobacco field to be used in setting out the tobacco plants in the old-timey tobacco setters that had a water compartment and a place to drop the plants.
- ... You went oak ball hunting and remember how the shell had a real sweet taste.

From Doug Cox, Indian Trail

- ... The school cafeteria staff would mix, roll and put out dough to rise for yeast rolls that you would have for lunch, and the aroma would permeate the halls.

From Delford Jones, formerly of Sampson County

- ... When your car burned oil, you said it was burning lidda knots (pine tar).

From Mary Wilson, Vilas

- ... She's purty as a speckled pup.
- ... You've been feeling puny.
- ... You're happy as a rabbit in a briar patch.

From Nan McGirt, Lumberton

- ... When school began you couldn't see the school bus coming because of the corn fields.
- ... Your husband goes hunting all day on Saturday but never brings anything home.
- ... You know where Saddletree and Magnolia are.
- ... You put newspapers on the living room floor and shell butter beans while watching soaps on TV.
- ... You know your fingers will be black and blue from shelling butter beans.
- ... You had to wash your dad's Ford truck if you wanted to drive it that weekend.
- ... You know that country girls look cool driving Ford trucks.

From Essie Gillespie, Morganton

- ... You say "warsh" instead of wash.
- ... As a little girl you used your mother's empty thread spools to make yourself some high heel shoes. You took the sticky stuff that ran from pine trees—we called it "rasum"—to glue the spools on to your bare heels.
- ... You made skirts or jumpers by attaching leaves to thorns, and you had to be careful wearing them.

From Elaine Hairston-Simmons, Westfield

- ... You know that the red spot on an egg yolk is the "rooster."
- ... You know what sawmill ham is.
- ... You know what a jar tree is.
- ... Your grandfather carved you a top from a No. 8 wooden spool.
- ... You know that a lazy person "won't work in a pie factory."
- ... You have seen the "mother" in a jar of vinegar.

From Rebecca Payne, Brasstown

- ... You know what "like a chicken on a junebug" means
- ... You got chiggers picking blackberries with Mama.
- ... You raked up leaves in the woods so you could run and slide through them.
- ... You leaned out the window of your family car to keep cool on summer drives.
- ... You dried and smoked rabbit tobacco rolled in a brown paper sack.

From Felicia Jordan, Alexis

- ... Your grandpa put axle grease on his coon dogs when they got hurt.
- ... Your grandpa put chewing tobacco on a bee sting.

From Donna Clark, Taylorsville

- ... Your husband uses wood from the old kitchen table to build a tree stand.
- ... The lawn mower, four-wheeler and family boat are under the carport instead of cars.
- ... If it weren't for crabgrass and weeds, you wouldn't have any grass at all.
- ... You are reading Carolina Country and sawdust falls from your hair from working at the furniture factory.

From Dale Campbell, Statesville

- ... You played Bum Bum Bum and Red Rover.
- ... You looked for crawdads under rocks.
- ... You used "Catawba" worms as fish bait.
- ... You couldn't go barefooted until after Easter Sunday.
- ... You picked up buckets of rocks out of the garden.
- ... You dad smushed muscadines in the bathtub with his bare feet to make wine.

From H.H. Bolton, Asheboro

- ... You fell out of a persimmon tree trying to catch a possum.
- ... Your neighbor said, "Ain't none of them ol' REA waars on poles comin' across my land," but you persuaded him otherwise.
- ... You've carried a buckeye in your pocket for good luck or to cure rheumatism.
- ... You have been instructed to keep your pea-pickin' hands off someone's belongings.
- ... You have described your health as "one foot in the fur (fallow) and the other on land (not plowed)."
- ... You have played mumble peg with your two-bladed pocket knife on the bench of a one-room school. ☺

If you know any that we haven't published, send them to:

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Furniture finds

Carolinas' Consigned Home Furnishings is a one-of-kind treasure hunt. The store, located near Blowing Rock, specializes in quality, affordable furniture, art and accessories. Their merchandise typically comes from homes in the High Country. Many consignors are very well traveled and some items originate from around the globe, say proprietors Ruthie Gale and Sue Simmons. Items available at press time, for example, included a carved column from a ruin in India and an original craftsman style desk lamp. The store carries brand names such as Henredon, Drexel, Kincaid, Broyhill, Thomasville, Lexington and Lane. Carolinas' Consigned Home Furnishings is located between Boone and Blowing Rock at 3451 Highway 321 S.

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Handcrafted face and body products

Faerie Made sells hand-made soaps, shea butter, hemp body, lip balms and other face and body products. This small family business located in

Asheville uses quality oils and nut butters, herbs, sun-dried Argiletz, fine Canadian and organic Australian clays, herbs and botanicals, with pure essential oils to scent. Their shea butter is Fair Trade: the women who processed the butter are paid a fair wage. Their natural handcrafted products include vegetable-based essential oil soaps, arnica muscle rub, facial serum and sugar scrubs. Scents for Shea Butter Body Balms are "Ylang Mimosa," with tangerine, orange, patchouli and ylang ylang, and "Lavender Mint," a blend of Bulgarian lavender and peppermint. They sell for \$7 (two ounces). Gypsy Spice Soap includes orange, warm clove and cinnamon, \$5. Ginger Lime Soap is \$5. Products can be purchased online or in several stores including Greenlife Grocery and French Broad Food Co-op, both located in Asheville.

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<http://www.faeriemadesoaps.com/soap.html>



Beekeeping supplies

Busy Bee Apiaries sells honey and supplies for beekeepers, including beeswax, hives, honeybees and queen bees. Busy Bee Apiaries became a commercial operation in 1996. They have more than 600 hives of bees that are used to pollinate crops across the state. The honey produced by the bees comes from many different nectar sources, including tulips, clover, blueberry and a mixture labeled wildflower. The honey from Busy Bee is considered raw because of the filtration and extraction process. Busy Bee products are sold at several locations, including Weaver Street Market in Carrboro, Maple View Country Store in Hillsborough and Roberts Produce at the N.C. Farmers Market in Raleigh.

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Antioxidant capsules

Antioxidants are important to maintain health, and as we age, the levels of antioxidants our bodies produce decrease dramatically. Some side effects of this decreasing supply are more aches and less energy, and more damaging effects such as heart disease. Tests show that the Muscadine grape seed contains high levels of natural antioxidants. A company in Rose Hill, Nutra Grape, sells Nutra Grape Muscadine capsules. Each capsule contains 325 mg of 100 percent ground grape seed. A recommended dosage is two capsules taken daily with a meal. A one-month supply is \$19.99, with discounts available with case purchases. The company, a subsidiary of Duplin Winery, also sells The Vine Facial Crème and The Vine Hand and Body Lotion.

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Faith in music

A new gospel CD by Captain's Crew, "Shipwrecked on Jesus," is a musical reflection of steadfast faith. Eight of 13 songs on the CD were written by members of the group, friends and family. The vocals ride high on a blend of southern gospel, country and folk music. Old gospel favorites such as "The Church In The Wildwood" awaken memories of tent revivals and oldtime camp meetings. The CD also includes the songs "I Brought You to Jesus," "Love is Free," "Why Am I So Low," "God Sent His Only Son," "Goodbye World Goodbye," and "When He Was On The Cross (I Was On His Mind)." Captain's Crew, which has recorded several other CDs, is based on the Outer Banks. For information about the group's concert dates, call (252) 473-3024. "Shipwrecked on Jesus" costs \$12.98.

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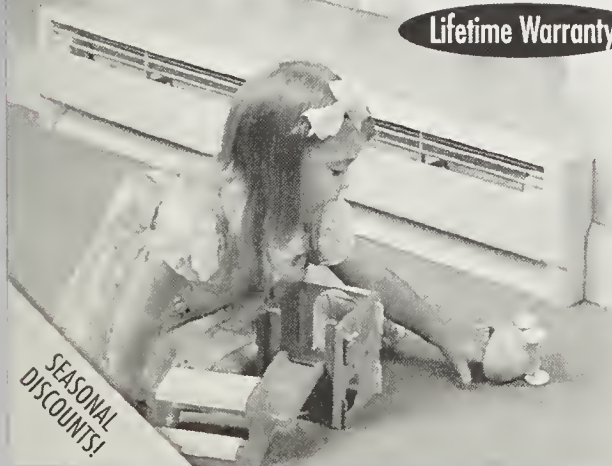
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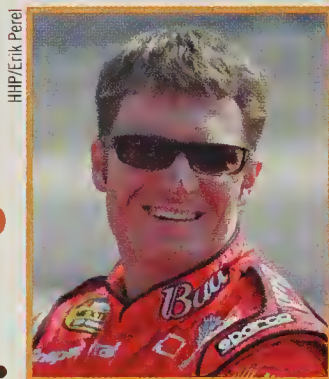
Getting To Know...

Dale Earnhardt Jr.

Born: Ralph Dale Earnhardt Jr. on October 10, 1974

Known for: NASCAR driver of the #8 Budweiser Chevrolet

Accomplishments: Before becoming one of NASCAR's most popular drivers, Dale Jr. worked at his dad's car dealership as a mechanic. He attended college with the goal of obtaining his degree in automotives, until the day he bought a street car. At the age of 17, Dale Jr. began his racing career in the street stock division at Concord Speedway in Concord. After racing competitively for several years, he moved up to race in NASCAR's late model stock division. In 1998, he started racing in the NASCAR Busch Series, winning the championship title two years in a row. After his second Busch crown in 1999, Dale Jr. moved to the NASCAR Nextel Cup as driver of the No.8 Budweiser Chevrolet. Dale Jr. won the Daytona 500 in 2004—where his famous dad, Dale Earnhardt Sr., died in a crash in February 2001—and has been named the sport's most popular driver. He also became a best-selling author with his book, "Driver #8," in 2002. Dale Jr. continues his career with the NASCAR Nextel Cup division. When Dale is not racing, he enjoys spending time at his home in Mooresville. His hobbies include collecting street cars and race cars, listening to music, computer gaming and relaxing with his friends.

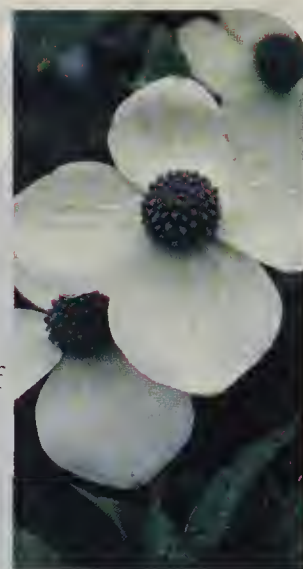


HHP/Erik Perel

Do You Know...

the state flower is the Dogwood tree?

The General Assembly of 1941 designated it as such. Flowering dogwood (*Cornus florida*) grows bright red fruit that is poisonous to humans but provides food to birds and other wildlife. Its blossoms, which appear in March and April and continue into summer, are usually white although shades of pink are found, too.



Dogwood Festival This Month

Fayetteville, proclaimed "The City of Dogwoods," is holding its annual Dogwood Festival Friday through Sunday, April 28–30. The festival includes sporting events, street dancing, crafts, face painting, food, concerts and more. Call (910) 323-1934 or visit www.fayettevillegdogwoodfestival.com

Field Trip Fun A LOT OF LOCOMOTIVES



N.C. Transportation Museum

The North Carolina Transportation Museum in Spencer is located on what was once Southern Railway Company's largest steam locomotive repair facility. Begun in 1896 at a point halfway between Washington and Atlanta, the large site contains an authentic train depot, antique automobiles, and a 37-stall roundhouse with 25 locomotives and other interesting exhibits. The museum offers seasonal train rides, guided tours, educational programs, and special events throughout the year such as "Rail Days" and "Day Out With Thomas." Call (704) 636-2889.



We'd like to hear from you!

If you have suggestions or comments about our bimonthly youth page, Tar Heel Lessons, e-mail editor@carolinacountry.com, write Carolina Country Tar Heel Lessons, P.O. Box 27306, Raleigh, NC 27611, or call (800) 662-8835, ext. 3036.

classroom
chuckle

Teacher: If I had seven oranges in one hand and eight oranges in the other, what would I have?

Student: Big hands!

SURF IT!

For more about the North Carolina Transportation Museum, visit www.nctrans.org

For dogwoods, www.ces.ncsu.edu/depts/hort/consumer/factsheet/trees-new/cornus_florida.html

For more on Dale Earnhardt Jr., www.dalejr.com

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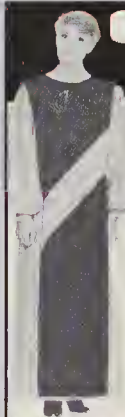
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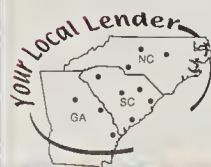
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\$200,000	\$1,104.41	5 YR ARM	5.25***	5.39%
\$200,000	\$666.50	Power Arm	1.25***	6.52%

* Fixed Rate conforming loans for 70 LTV rate/term refinance/purchase transactions. ** Interest Only home equity loan, 80 LTV. Interest only payments for up to 10 years. Principle payments can be made at any time without penalty. *** ARM loans for 70 LTV rate/term refinance/purchase transactions. Power Arm payment adjusts annually while rate adjusts monthly. All rates and terms subject to differ as market conditions change. Other Rates, Terms and Products available. Call about Cash Out, Debt Consolidation, JUMBO Loans and more.



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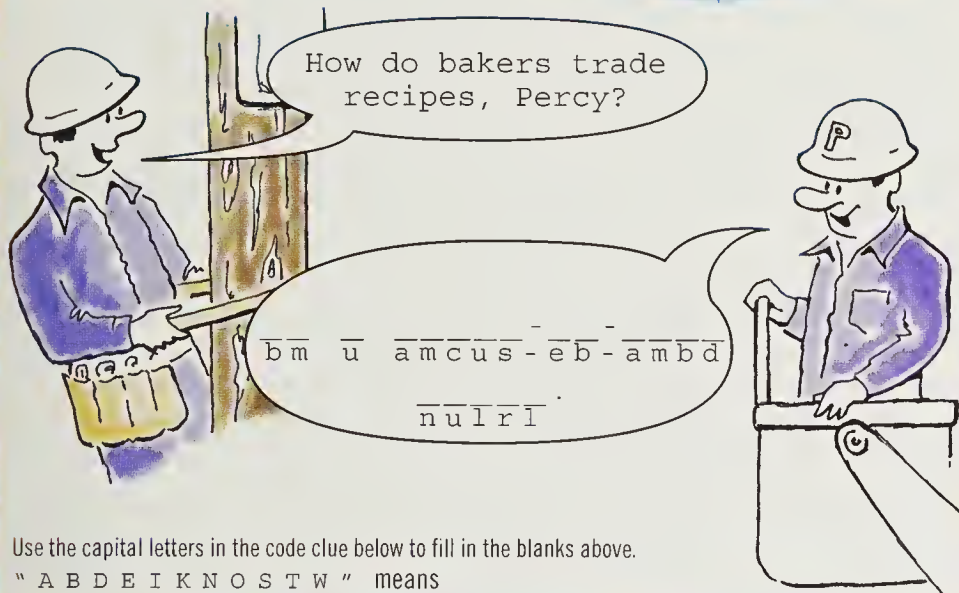
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Use the capital letters in the code clue below to fill in the blanks above.

"A B D E I K N O S T W" means
unscrambled

MATCHBOXES

A student named Mona Lisa was known to her classmates as...

2 8 7 1 4 9 3 0 1 8 1 5 7 1

Double the numbers above and write your answers in the top boxes above.
Now match the boxes above with the boxes below to find hidden words in your answer.

0	1	2	3	4	5	6	7	8	9
N	O	D	C	E	T	I	H	V	A

find the value of

N O R T H C A R O L I N A

_ + _ + _ + _ + _ + _ + _ + _ + _ + _ + _ + _ = _

Each of the nine different letters in NORTH CAROLINA has been given a different value from one through nine in this puzzle. Given the total value of the letters in the names of the North Carolina localities below, can you find the value of NORTH CAROLINA? To get you started, the value of E is zero.

The answer is on page 32. For my solution, send a stamped self-addressed envelope to NC Value, Joyner's Corner, 746 St. John's Way, Hendersonville NC 28791, or e-mail cjoyner@brinet.com and put NC Value as the subject.

E=0 NC=7 TARHEEL=24 HARNETT=29 LENOIR=30
CANTON=32 CLINTON=32 RANLO=33 LINCOLN=33
ATLANTIC=35 CHARLOTTE=36

For answers, please turn to page 32.

Say Watt?

"If you can keep your head
while all about you are losing
theirs and blaming it on you,

_____ ' _____

_____ !"

T	E	T	T
G	N	Y	I
O	O	S	J
D	T	U	U

Starting with the Y and ending with a T in this boxed bunch, can you spell out the five words that end this sentence? You can move in any direction left, right, up, down or diagonally. Use each letter once.

LIGHT VERSE

Second Thought on a First Line

*Breathes there a man with
soul so dead*

who never to himself hath said,

*"If they'd just go home,
I'd go to bed."*

— With apology to
Sir Walter Scott

JOYNER'S CORNER ANSWERS:
ON A KNEAD-TO-KNOW BASIS
MATCH BOXES
THE DAVINCI CODE
Find the value of
N+O+R+T+H+C+A+R+O+L+I+N+A
6+9+7+2+4+1+8+7+9+3+5+6+8=75
Say Watt!

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80x120x16	\$32,133.00

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April Events



The Shakori Hills Grassroots Festival of Music and Dance is a family-friendly, four-day celebration of world and roots music, held April 20–23 in Silk Hope. To learn more, visit www.shakorihills.org

MOUNTAINS

Signs of Spring

Saturdays, Rosman
(828) 877-3106

www.headwatersoutfitters.com

Hickory Art Crawl

April 6, Hickory
(828) 322-1121

www.downtownhickory.com

Chili Cook-off

April 8, Hayesville
(828) 389-3684

Green Thumb Day

April 15, Whittier
(828) 497-2393

Gospel Sing at Crooked Door

April 21, Marion
(828) 652-6216

www.uniquegalleriesNC.com

N.C. Gold Festival

April 21–22, Marion
(800) 959-9033

www.ncgold.org

Spring Splash

April 22, Bryson
(800) 232-7238

Annual Spring Festival

April 22, Union Grove
(704) 539-4976

David Burgess, Guitarist

April 28, West Jefferson
(336) 846-2787

Newton Fest Blues Jam

April 28–29, Newton
(828) 466-8833

www.downtownnewton.com

QuickDraw Art

April 29, Waynesville
(828) 627-9005

Arbor Day Celebration

April 29–30, Asheville
(828) 665-2492

www.ncarboretum.org

PIEDMONT

Renaissance Faire

April 1–2, Raleigh
(919) 755-8004

www.ncrenfaire.com

"Toast to the Triangle"

April 2, Raleigh
(919) 832-3909

www.tammylynncenter.org

Jazz Tribute to Duke Ellington

April 2, Charlotte
(704) 337-2000

www.mintmuseum.org

Junie B. Jones Musical

April 5–6, Yanceyville
(336) 694-4591

Scott Perry, Blues Artist

April 7, Pilot Mountain
(336) 368-7111

www.sawbriar.com

Run for the Buddies

April 8, Carthage
(910) 947-6616

www.active.com

Orange County Egg Hunt

April 8, Carrboro
(919) 968-2784

Spring Herb & Plant Show

April 8, Kannapolis
(704) 784-1925

Wood & Steel Bluegrass

April 8, Pilot Mountain
(336) 368-7111

www.sawbriar.com

Renaissance Faire

April 8–9, Raleigh
(919) 755-8004

www.ncrenfaire.com

Civil War Medicine

April 8–9, Huntersville
(704) 875-2312

www.lattaplantation.org

Foothills Cycling Challenge

April 9, Hanging Rock
State Park

(336) 593-8159

www.foothillsclassic.org

Glenn Davis Memorial Concert

April 11, Asheboro
(336) 318-6810

Spring Kiln Opening

April 14–16, Seagrove
(336) 873-7304

Easter Egg Hunt

April 15, Huntersville
(704) 875-2312

www.lattaplantation.org

Easter Egg Hunt

April 15, Love Valley
(336) 764-2220

www.lovevalley.com

Spring Shakori Festival

April 20–23, Silk Hope
(919) 542-8142

www.shakorihills.org

The Not Brothers

April 21, Pilot Mountain
(336) 368-7111

www.sawbriar.com

Big Lick Antiques Festival

April 21–23, Oakboro
(704) 485-4906

www.hinsonauction.com

Fayetteville

Symphony Orchestra

April 22, Fayetteville
(910) 433-4690

Spring Fling Arts & Crafts

April 22, Mocksville
(336) 751-5799

Spring Garden Tour

April 22–23, Chapel Hill
(919) 962-0522

www.chapelhillgardentour.org

Apple Chill

April 23, Chapel Hill
(919) 968-2784

www.applechill.com

Merle Fest

April 27–30, Wilkesboro
(800) 343-7857

www.merlefest.org

April Events *continued*

Annual Dogwood Festival
April 28–30, Fayetteville
(800) 255-8217

Liberty Antiques Festival
April 28–29, Liberty
(336) 622-3040

Rusty Pistons Tractor Show
April 28–29, Marshville
(704) 624-6105

**"Around the World
in 120 Minutes"**
April 28, Winston-Salem
(336) 723-6320
www.ncarts.edu/stevens_center

Pottery Benefit Auction
April 29, Seagrove
(336) 873-8430
www.ncpotterycenter.com

Old Jonesville Day
April 29, Jonesville
(336) 835-3426

Jazz Music Festival
April 29, Hillsborough
(919) 245-2660
www.co.orange.nc.us/recparks

COAST

Newport Pig Cookin' Contest
March 31–April 1, Newport
(252) 223-7447
www.newportpigcooking.com

Honoring Your Wisdom
April 1, Morehead City
(252) 728-1210
www.wholehealthresourcenetwork.com



Check out the dogwoods at the Dogwood Festival in Fayetteville, April 28–30. Call (800) 255-8217.

Herb & Garden Fair
April 1, Wilmington
(910) 686-9518
www.poplargo.com

**Antique Auto Club
Spring Meet**
April 1, New Bern
(828) 465-1467
<http://local.aaca.org/northcarolina>

N.C. Azalea Festival
April 5–9, Wilmington
(910) 794-4650
www.ncazaleafestival.org

Boogie on Broad
April 7, Edenton
(252) 482-3400

Colonial Day
April 8, Currie
(910) 283-5591
www.nps.gov/mocr

Duck Day
April 8, Scotland Neck
(252) 826-5038

Rocking Chair Rock-a-Thon
April 8, Washington
(252) 946-6208
www.theblindcenter.org

Nnenna Freelon, Jazz Singer
April 19, Oriental
(252) 249-3362

Annual Rodeo
April 21–22, Edenton
(252) 482-4057

Earth Day 2006
April 22, Gastonia
(704) 866-6900
www.schielemuseum.org

Land of Beginnings Festival
April 27–29, Manteo
(252) 473-2127

Elizabethan Tymes
April 28–29, Manteo
(252) 475-1500

March of Dimes Walk
April 29, Manteo
(800) 732-7097

Migratory Bird Day
April 29, Washington
(252) 923-2191
www.ncsparks.net



Make time for the Rusty Pistons Tractor Show in Marshville, April 28–29. Call (704) 624-6105 to learn more.

Queen's Cup Steeplechase
April 29, Mineral Springs
(704) 843-7070
www.queenscup.org

Preservation Spring Tour
April 29–30, Warrenton
(252) 257-2657
www.warren-chamber.org

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A LISTING OF EXHIBITS

MOUNTAINS

"Who? What? Where? When?"
Through April, Lenoir
Caldwell Heritage Museum
(828) 758-4004
www.caldwellheritagemuseum.org

Tom Mate, Artist
Through April 9, Hickory
Hickory Museum of Art
(828) 327-8576
www.hickorymuseumofart.org

Art Expo 2006
Through April 10, Boone
Catherine Smith Gallery
(828) 262-7338

Southern Decorative Arts Exhibit
Through April 22, Kings
Mountain, Kings Mountain
Historical Museum
(704) 739-1019

"Our Earth & Beyond"
Through April 23, Hickory
Hickory Museum of Art
(828) 327-8576
www.hickorymuseumofart.org

PIEDMONT

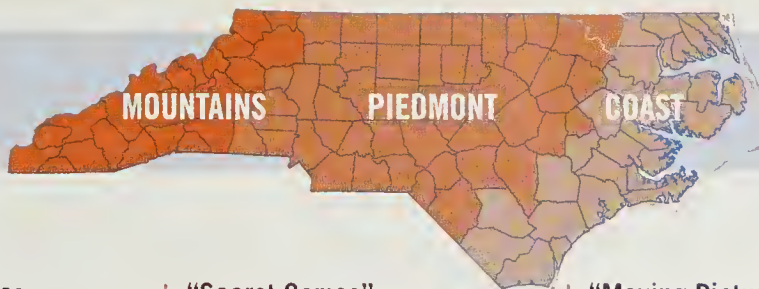
"Birds"
Opens April 1, Gastonia
Schiele Museum
(704) 866-6900
www.schielemuseum.org

Birdhouses on Parade
April 2–23, Chapel Hill
The Carolina Inn
(919) 933-2001
www.carolinainn.com

"Cheaper by the Dozen"
Through April 9, Mocksville
Davie County
Community Theatre
(336) 751-3000
www.daviearts.org

"A Raisin in the Sun"
April 21–30, Fayetteville
Cape Fear Regional Theatre
(910) 323-4233
www.cftrt.org

"A Natural View"
Through April 23, Gastonia
Schiele Museum
(704) 866-6900
www.schielemuseum.org


Art of Margie Graves

Through April 27, Fayetteville
Cape Fear Studios
(910) 433-2986

"Sordid & Sacred: Beggars in Rembrandt's Etchings"

Through April 30, Raleigh
N.C. Museum of Art
(919) 839-6262
www.ncartmuseum.org

Competition of N.C. Artists

Through May 7, Fayetteville
Fayetteville Museum of Art
(910) 485-5121
www.fay-moa.org

"Brain: The World Inside Your Head"

Through May 7, Raleigh
N.C. Museum of Natural Sciences
(919) 733-7450
www.naturalsciences.org

"Secret Games"

Through May 7, Charlotte
Mint Museum of Art
(704) 337-2000
www.mintmuseum.org

"American Roots"

Through May 19, Carrboro
The ArtsCenter
(919) 929-2787
www.artscenterlive.org

Stereotypes:
Confronting Clichés

Through May 20, Charlotte
McColl Center for Visual Arts
(704) 332-5535
www.mccollcenter.org

"Pantry to Pedestal"

Evolution of Seagrove Pottery
Through June 4, High Point
(336) 883-3022

"Moving Pictures"

Through July 16,
Winston-Salem
Reynolda House Museum
(888) 663-1149
www.reynoldahouse.org

COAST
"King of All Kings"

Through April 15, Edenton
Rocky Hock Playhouse
(252) 482-8005
www.visitedenton.com

"From Memory: Maud Gatewood"

Through April 19,
Wilmington
Cameron Arts Museum
(910) 395-5999
www.cameronartmuseum.com

"Living Small:
Crafting Miniatures"

Through April 23,
Wilmington
Cape Fear Museum
(910) 341-4350
www.capefearmuseum.com

Listing Information
Deadlines:

For June: April 25

For July: May 25

Submit Listings Online: Visit www.carolinacountry.com and click "See NC" to add your event to the magazine and/or our Web site. Or e-mail events@carolinacountry.com



How to drive safely with your pet

The Response Insurance Group recently published a brochure entitled "Driving With Your Pet" intending to help people prepare for a safe drive with these particular members of the family. The free brochure is available by calling (800) 610-5928 or at www.response.com

Here are some of those tips.

- If the pet is not used to car trips, try a few test runs to help acclimate it for the ride. Spending time in the car while parked and while taking short drives to nearby destinations are easy ways to start.
- Cats should be kept in a carrier and dogs should be held in a restraining harness. This will help stabilize your pet if there is a sudden movement or accident.
- Feed your pet a little less than you would normally. Since too much water can upset their stomachs on the road, limit water by providing ice to chew on. And, don't forget to pack some toys and any other favorite items or bedding.
- When traveling to places your pet is not familiar with it's particularly important to have a collar with an ID tag that includes both your permanent and vacation addresses and phone numbers. Many veterinarians and animal welfare organizations also offer micro-chip identification implants.
- Dogs like to stick their heads out of the car window, but this is very unsafe. Small stones and debris become dangerous projectiles at highway speeds.
- Never leave your pet in a car in warm or hot weather. Even with windows open, or parked in the shade, interior temperatures can quickly rise to lethal levels.

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Snow in Summer

Snowball bushes are beloved plants that conjure up images of old gardens and homesteads. But what exactly is a snowball bush? This is one example of how common names cause confusion. Usually such names arise from physical traits of a plant—but they often apply to more than one species or family of plant. Both the hydrangea and viburnum families contain species and varieties that bear round, white flower clusters. The globe-like shapes also inspired the popular nickname “mop-heads.” A viburnum species frequently referred to as a snowball bush is the Chinese snowball (*Viburnum macrocephalum* ‘Sterile’). The flower clusters on this spring bloomer—6 to 10 inches in diameter—are so immense and prolific they may hide most of the leaves on the shrub. The hydrangea species that is perhaps best-known as a snowball is the ‘Annabelle’ variety of *Hydrangea aborescens*, a summer bloomer with flower clusters up to a foot across. The shrub always blooms white, not to be confused with *H. macrophylla* or big-leaved hydrangea, whose blooms are pink, blue or purple, or a mixture of all these, depending on

the soil chemistry. The “Pee Gee” hydrangea (*H. paniculata* ‘Grandiflora’) also has large, white flower clusters that appear snowball-shaped from a distance, but more snowcone-shaped up close. If you’ve longed for a particular kind of snowball bush you’ve admired from a distance but can’t find it at a store or in a catalog, ask permission to take a stem cutting. Viburnums and hydrangeas are fairly easy to propagate this way.

Woody Plants from Cuttings

Some articles will advise that you should take a cutting of a particular woody plant during a certain month or season. But given the varying locales of individual gardeners and Mother Nature’s seasonal mood swings, it’s better to rely more on the plant’s growth stages than strictly on the calendar. You can propagate many shrubs and trees by rooting a stem cut from the plant. To improve your chance of success, learn a little about the plant you want to propagate. For example, lilacs and deciduous azaleas are most easily rooted from softwood cuttings, which is the soft, new growth of a plant just as it begins to toughen (the stem snaps easily when you bend it). Hollies and camellias, on the other hand, may be rooted from semi-hardwood growth, which is partially mature growth of the current season. Other plants are best stem-propagated from hardwood or mature growth, when the plant is dormant (late fall, winter or early spring). A simple rooting method is to place the cutting (about 4 to 6 inches long), with the lower third or half of the leaves removed, into a small

pot filled with moistened medium (for example, a mix of equal parts peat or coir and vermiculite or perlite). Then cover the pot with a plastic bag or seal it in a zipper-style plastic bag to retain moisture. You may speed the process by dipping the cutting into a rooting hormone, available as liquid or powder. The plant is rooted when the stem doesn’t give when tugged gently or when you see new growth appear. For detailed information about rooting techniques or propagating specific plants, visit www.ces.ncsu.edu/depts/hort/hil/hil-8702.html. Or ask your extension agent for a copy of *Plant Propagation by Stem Cuttings: Instructions for the Home Gardener*, N.C. State University Horticulture Information Leaflet 1/99 HIL-8702. Another excellent source of information is *Manual of Woody Landscape Plants (Their Identification, Ornamental Characters, Culture, Propagation and Uses)* by Michael Dirr. 



The flower clusters on *Viburnum macrocephalum* ‘Sterile’ may be up to 10 inches across.

Hort Shorts

- ▶ Some annual flowers are hardy enough to withstand light frost. If you can’t wait until the last frost date, get a jump on the season with petunias, stock, alysium and snapdragons.
- ▶ The average last spring frost dates in North Carolina range from March 3 in Dare County to May 18 in Yancey County.
- ▶ Besides creating better drainage for plants, gardening in raised beds allows you to plant more in a smaller area. So keep the size manageable, with beds no wider than 3 or 4 feet so that weeding and harvesting will be more practical.
- ▶ The votes are in, and the purple carrot took the cake. ‘Purple Haze’ was a winner in the vegetable category of the 2006 All America Selections. The carrot, which has a purple peel and orange interior, was judged to be sweeter than other purple carrots.



Carla Burgess can be reached at ncgardenshare@mindspring.com. For more gardening advice, go to the “Carolina Gardens” section of www.carolinacountry.com

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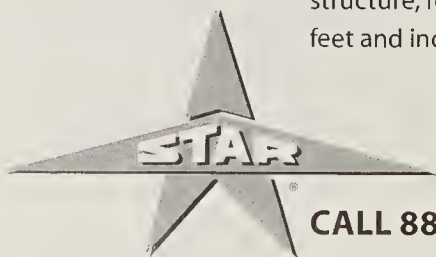
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The sinking of the Lusitania launched the popularity of RVs

EARLY ROLLING HOMES "GATHERED NO MORTGAGES"

Americans' romance with the road precedes actual roads. The pioneers who moved families and belongings across the country in covered wagons forged their own highways and set the cultural precedent for a mobile nation. Itinerant peddlers, horse traders, musicians, fortune tellers and snake-oil salesmen made their livelihoods along the rural roads of early 19th century America.

Ironically, it was the sinking of a ship that historians say was the genesis for auto travel with the trappings of home. Until 1915, wealthy Americans considered a tour of Europe a necessary venue for the well traveled. But the German torpedo attack on a British luxury liner, the Lusitania, made overseas travel seem too dangerous. Travelers' focus turned homeward.


Soldiers returning from World War I faced a national housing shortage, and turned to trailers for shelter. Homes on wheels had another advantage, which quickly became a popular truism: "A rolling house gathers no mortgage."

In the 1920s, half of all vehicles on the road were equipped with some kind of sleeping and cooking capabilities. The establishment of the National Park Service in 1916 and the

opening of millions of acres of land in exotic places such as Yosemite and Yellowstone provided desirable destinations.

In 1922, The New York Times estimated that more than one million auto campers were traversing the nation's roads with pots, pans and pillows. The first coast-to-coast road, connecting New York City and San Francisco, opened in 1927.

The precursors to today's RV campsites were municipal "wagon yards," areas once set aside and equipped with lean-tos, shelters, outhouses and firepits for farmers traveling from the outlying countryside to do business in town. As Model A's replaced horses, the wagon yards gave way to auto campers.

In 1924, campers were sporting luxuries including canvas bathtubs, two-seater outhouses such as the Imperial Toilet Tent and massive radios with kites that served as antennas. RV historian David Woodworth says: "The things that drive the RV industry today are the same as in the 1920s. Behind the wheel of their own vehicle, people didn't have to deal with inflexible train schedules or rude porters—they could go where they wanted." 

Historical information courtesy of Shelburne Museum, Shelburne, Vt.

ROMANCING the road

Americans and their RVs

By Carol Moczygemba



It was a summer night in 1958. We were headed west along U.S. Highway 90, the warm wind blowing through the backseat of my family's 1955 Plymouth sedan. The rhythmic sound of tires whirring against blacktop, the breathing of my three sleeping brothers, the low voices of my parents talking about adult things, the twinkling, starlit sky and the car's steady motion enchanted my 10-year-old imagination. We were on the road, going home. I was adrift in deep contentment.

My father, anticipating the headache of driving all the way from Hinesville, GA, to San Antonio, Tex., with four rambunctious children in a confined space, had transformed our little, two-door car into a makeshift RV (recreational vehicle). A piece of plywood extended the width and breadth of the back seat. It was covered with quilts. We had a playroom by day and a bed by night.

By 2006 standards, our homemade RV was crude. The kitchen consisted of a cardboard box with sandwiches and bags of snacks. The bathroom...well, we stopped frequently at gas stations.

My parents eventually joined the ranks of America's real RV enthusiasts, the ever-growing numbers of Americans, young and not so young, who drive the highways, homes attached, stopping at little "villages" populated with like-minded travelers.

U.S. ownership of recreational vehicles has reached record levels and even escalating gas prices aren't putting much of a dent in the \$14-billion-a-year industry. It's been estimated that

one in 10 vehicle-owning Americans is also an RV owner. Across the country, some 16,000 public and private campgrounds offer affordable facilities from the basics to resort-style amenities. On average, overnight camping fees range between \$9 and \$20.

RV travel has long been a post-retirement phenomenon, with retirees comprising the largest segment of full-time vagabonds. Among them are the "snowbirds," who seasonally migrate from the North and Midwest to the sunny climes of the southern United States.

But RV travel is becoming multi-generational. A 2005 University of Michigan study discovered that today's typical RV owner is 49 years old and married. More RVs are owned by those aged 35 to 54 than any other age group. During the past four years, those 35 and younger posted the largest gains in RV purchases.

Kansan George Haistis, a sales representative for one RV manufacturer, has a theory about all the young buyers he's been working with.

"It was 9-11," he says, referring to the terrorist attacks on the World Trade Center September 11, 2001. "People started focusing on family togetherness. They began to realize that tomorrow's not guaranteed." Retired folks, he said, were ahead of the curve on that one.

Young families without the time or resources of the retired RVers enjoy weekend trips closer to home. Floyd Mallett is the father of a 12-year-old daughter. He, his wife and daughter make fre-

quent trips from their Austin, TX home to Jim Hogg Park, a 178-acre Army Corps of Engineers park and camping facility about 50 miles away. "My daughter can ride her bike here and be safe. There are always other kids around she can play with," Mallett says.

Jim Hogg Park, like all Corps of Engineers parks, is on a man-made lake, offering fishing, water sports, hiking trails, bird watching and beautiful scenery. On a Friday afternoon this past January, the remaining vacant campsites were filling up. Full-timers like Doris and John Gupton, who winter at Jim Hogg Park, sit back in their lawn chairs and watch the slow-moving parade of motor homes, tag-alongs and goosenecks. Some are arriving to set up and stay awhile. They have license plates from Iowa, Illinois, Wisconsin and Indiana. Others come with kids' bikes and fishing poles in the pickup bed for a family weekend getaway.

John Gupton is affectionately known as the Mayor of Jim Hogg. He and his wife own a home only 20 miles from the park, but they prefer to spend January through April at Campsite 73. The Midwesterners who come for the winter or stop on their way to South Texas all know John and Doris.

Carol and Harold Tooker, farmers from Merrill, Iowa, met the Guptons six years ago. The couples stay in touch year-round. When the Tookers come back to Jim Hogg Park, they pick up where they left off. Carol and Harold, like several other regulars, have their own mugs hanging on wooden pegs in the Gupton's outdoor makeshift dining room.

Russell and Delores Brownell (Campsite 72) started their annual trip to Baffin Bay, Texas, from Rhinelander, WI, just before Christmas. They've been wintering at the same place for 10 years. "We like to take our time getting here," says Delores. "Last year we celebrated our 50th wedding anniversary on the road." The Brownells have traveled in their RV to every state park along the Gulf of Mexico, visiting fellow RVers along the way. They once drove to Alaska, where their daughter flew to meet them.

Are they deterred by high gasoline prices? Russell says no. Delores explains that Russell has survived two heart surgeries, and "after something that's a matter of life or death, other things are not as important. It's amazing what you can live without."

On an unusually warm December afternoon at Palmetto State Park near Gonzales, TX, Nikki Vincent, 31, relaxes in her lawn chair, munching popcorn and reading a magazine. Vincent, a 31-year-old high school athletic trainer, bought a 28-foot motor home with her parents. On weekends, it provides them a convenient retreat from the demands of a stressful job, city traffic and household chores. "RV people are beautiful," Vincent says. "They're very friendly; they'll come up and talk and visit. We've been seeing some of the same families every year."

That affection is consistently echoed by RVers. "You won't find a nicer bunch of people anywhere," says my dad, who's met RVers in each of the lower 48 states, along with Alaska and Canada. "In all the years we traveled, we only met one sour-puss. And I don't even remember who it was." ☺

Carol Moczygomba is managing editor of Texas Co-op Power magazine.

Photos by Will Van Overbeek



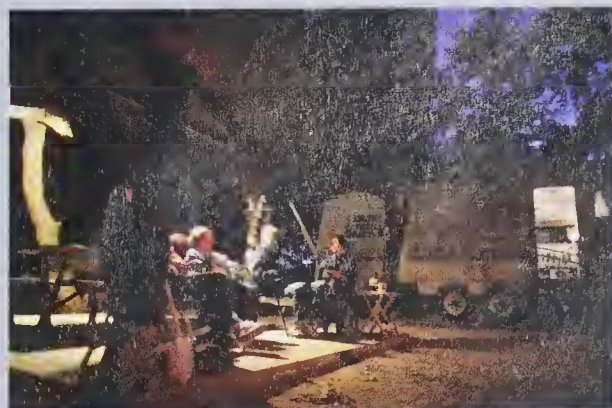
Floyd Mallett of Austin, Texas, and his rat terrier, Ginger, take a weekend break from the fast lane. Mallett, his wife and 12-year-old daughter often come to Jim Hogg Park for short getaways.



John Gupton, honorary mayor of Jim Hogg Park near Georgetown, Texas, and his wife, Doris, live at the park in their RV each year from January through April even though they own a house only 20 miles away.



John and Doris Gupton in their RV, with all the comforts of home including a stack of quilts-in-the-making.



Friends drop by the Guptons' for a cup of decaf and conversation before retiring.

RV types, terms & prices

A GUIDE FROM THE RECREATION VEHICLE INDUSTRY ASSOCIATION

A Recreation Vehicle (RV) is a motorized or towable vehicle that combines transportation and temporary living quarters for travel, recreation and camping. RVs do not include mobile homes, off-road vehicles, snowmobiles and conversion vehicles. RVs are sold by recreation vehicle dealers. For more information, contact the Recreational Vehicle Industry Association, 1896 Preston White Dr., Reston, VA 20191. Phone: (703) 620-6003. Web: www.rvia.org

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- Affordable homelike amenities
- Sleeps up to 10
- Typically \$8,000 to \$65,000 new



Fifth-Wheel Travel Trailers

- Spacious two-level floor plans
- Towed with a pickup truck
- Sleeps up to six
- Typically \$13,000 to \$100,000 new



Travel Trailers With Expandable Ends

- Ends pull out for roomy sleeping
- Lightweight towing
- Sleeps up to eight
- Typically \$4,000 to \$13,000 new



FOLDING CAMPING TRAILERS

- Fold for lightweight towing
- Fresh-air experience with RV comfort
- Sleeps up to eight
- Typically \$4,000 to \$13,000 new



TRUCK CAMPERS

- Mount on pickup bed or chassis
- Goes wherever your truck can go
- Sleeps up to six
- Typically \$4,000 to \$26,000 new



MOTORHOMES

Type A Motorhomes

- Generally roomiest of all RVs
- Luxurious amenities
- Sleeps up to six
- Typically \$58,000 to \$400,000 new



Type B Motorhomes

- Commonly called van campers
- Drives like the family van
- Sleeps up to four
- Typically \$41,000 to \$74,000 new



Type C Motorhomes

- Similar amenities to Type A's
- Optional sleeping space over the cab
- Sleeps up to eight
- Typically \$48,000 to \$140,000 new



SPORT UTILITY RVs

Available motorized and towable (as travel trailers or fifth-wheels).

- Built-in "garage" for hauling cycles, ATVs, and other sports equipment
- Sleeps up to eight
- Typically \$21,000 to \$58,000 new





Cookies on a Stick

- ½ cup butter, softened
- ½ cup peanut butter
- ½ cup sugar
- ½ cup packed brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1½ cups all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- 20 lollipop sticks
- 20 miniature Snickers candy bars

In a large mixing bowl, cream the butter, peanut butter and sugars. Add egg; beat well. Beat in vanilla. Combine the flour, baking powder and baking soda; gradually add to creamed mixture.

Insert a lollipop stick into one side of each candy bar until stick is nearly at the opposite side. Press one heaping tablespoon of dough around each candy bar until completely covered. Press dough tightly around the end of the candy bar and the stick.

Place three inches apart on lightly greased baking sheets. Bake at 350 degrees for 14–16 minutes or until cookies are set. Cool for 1–2 minutes before removing from pans to wire racks to cool completely.

Yield: 20 cookies

Winning reader recipe



Coconut Cake

- 1 yellow cake mix
- 1 can sweetened condensed milk
- 1 can cream of coconut
- 12-to-16-ounce Cool Whip
- 1 pkg. frozen coconut

Bake cake in a 9-by-13 inch pan as directed. Take out of oven and poke holes all over with a drinking straw. Mix condensed milk and cream of coconut. Pour over cake while warm. Let cool in refrigerator. Add Cool Whip on top, then sprinkle coconut. Cover with plastic wrap. Keep in refrigerator overnight.

Nancy Datoli of Mooresville, a member of EnergyUnited, will receive \$25 for submitting this recipe.

Send Us Your Recipes

Carolina Country is publishing reader recipes. Contributors whose recipes are published will receive \$25. We retain reprint rights for all submissions. Please make sure you don't omit any ingredients or preparation directions. Include your name, address, phone number (if we have questions), and the name of your electric cooperative.

By e-mail:
Jenny.Lloyd@carolinacountry.com

By mail:
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P.O. Box 27306
Raleigh, NC 27611

Easter Egg Candies

- 1 package (10-to-12 ounces) vanilla or white chips
- 1 package (3 ounces) cream cheese, cubed
- 1 teaspoon water
- ½ teaspoon vanilla extract
- Colored sprinkles, colored sugar and/or jimmies

In a microwave safe bowl, melt the chips at 50% power. Add the cream cheese, water and vanilla; stir until blended. Chill for one hour or until easy to handle. Quickly shape into 1½-inch eggs. Roll in sprinkles, colored sugar or jimmies. Store in an airtight container in the refrigerator.

Yield: about 4 dozen



Recipes are by Taste of Home magazine. For a sample copy, send \$2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at www.tasteofhome.com



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20 ADVENTURES FROM THE MOUNTAINS TO THE SEA

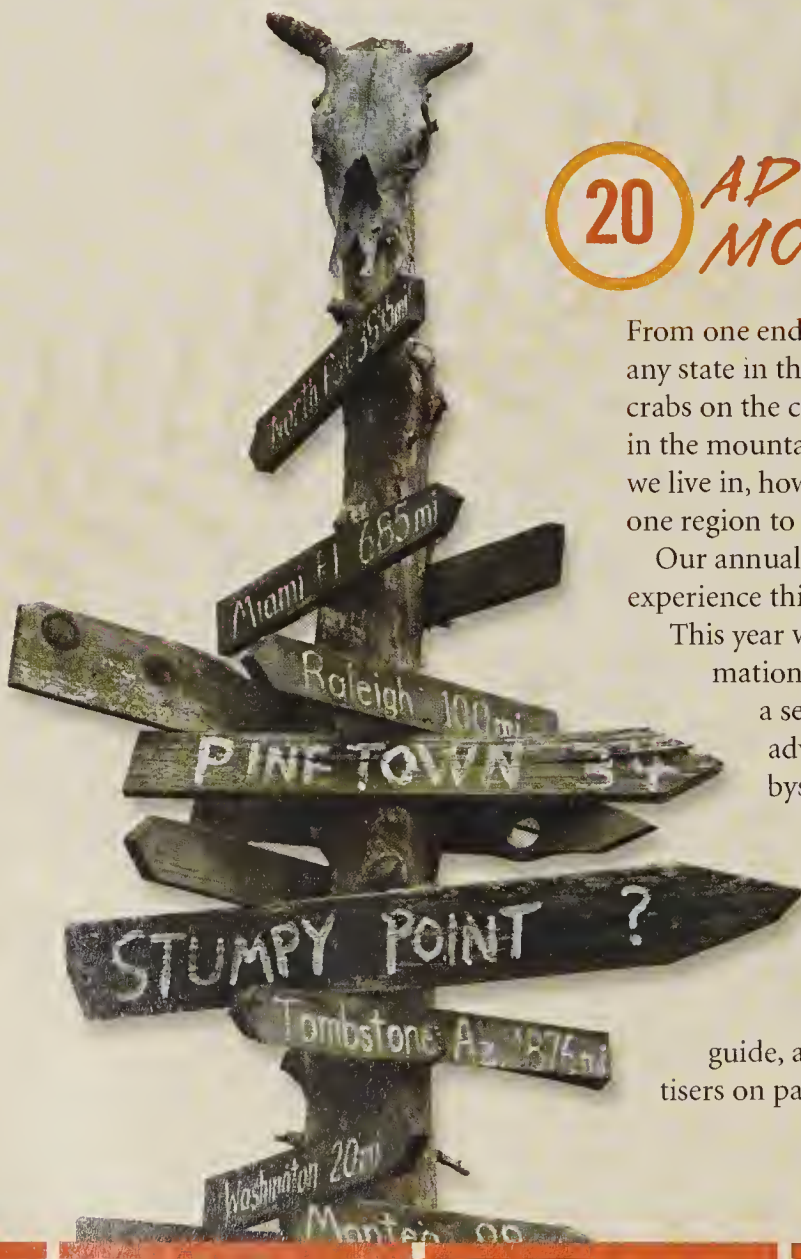
From one end to the other, North Carolina is about as diverse as any state in the nation. We've got hard gemstones in the west, soft crabs on the coast and red clay in the middle. The tobacco we grow in the mountains is different than what we grow in the east. What we live in, how we drive, what we eat and how we talk varies from one region to another.

Our annual Touchstone Energy Travel Guide encourages you to experience this variety firsthand.

This year we've collected the primary sources of general information about each of five regions and accompany them with a set of Carolina Country Adventures. Among the four adventures for each region are some well-known standbys and some not so familiar, some historical, some recreational, some just plain fun.

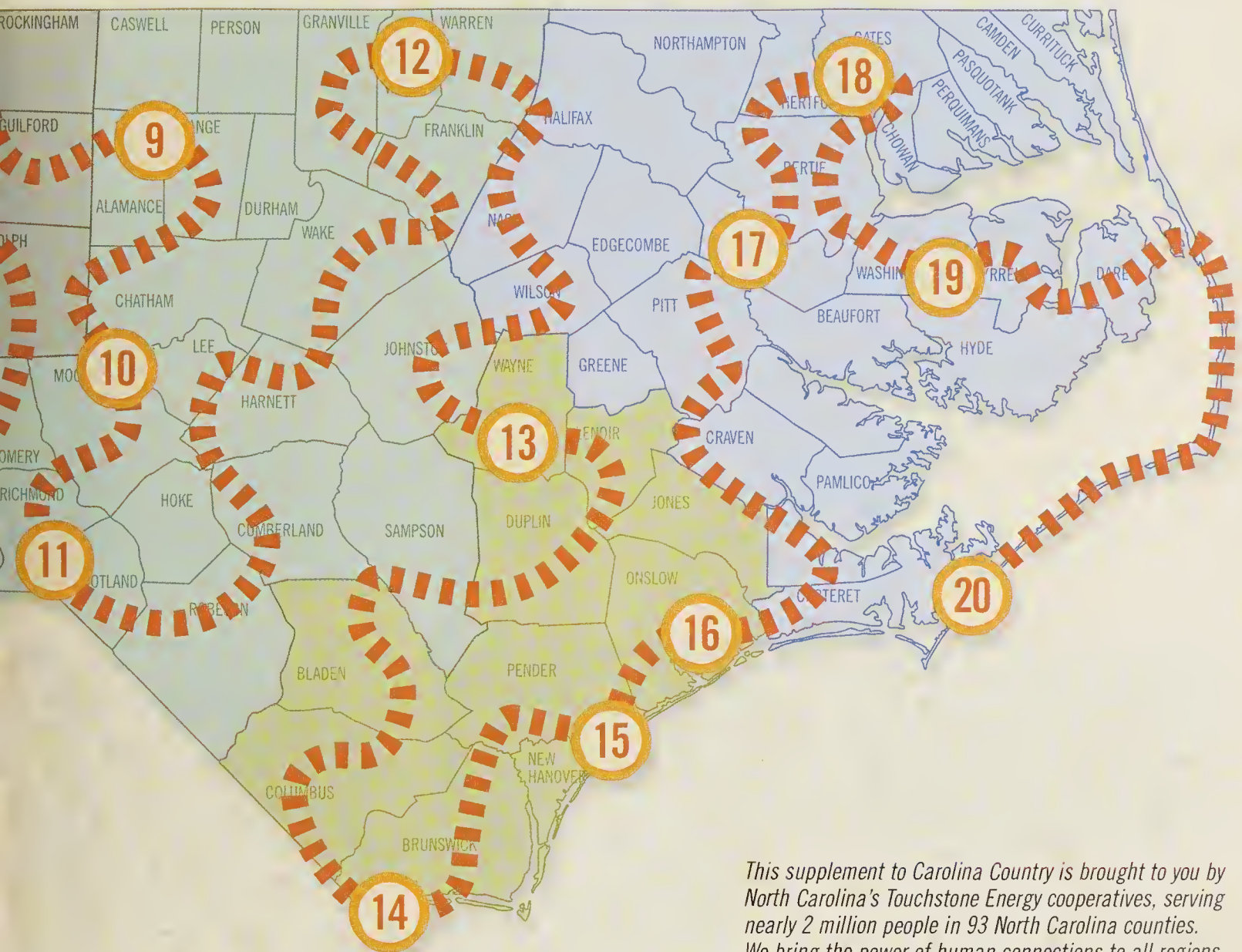
As you make your way through this guide, or through the countryside responsible for these adventures, you can be assured that a Touchstone Energy cooperative is nearby.

Thanks to everyone who helped us compile this guide, and to our sponsors: the cooperatives and the advertisers on pages 48 to 53 and 83.



2006 Touchstone Energy Travel Guide

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RENEE C. GANNON
MICHAEL E.C. GERY
KAREN OLSON HOUSE
JENNIFER R. TAYLOR
TARA VERNA

Designers

WARREN KESSLER
DAN KURTZ

Advertising

JENNIFER BOEDART HOEH
JENNY WLOYD

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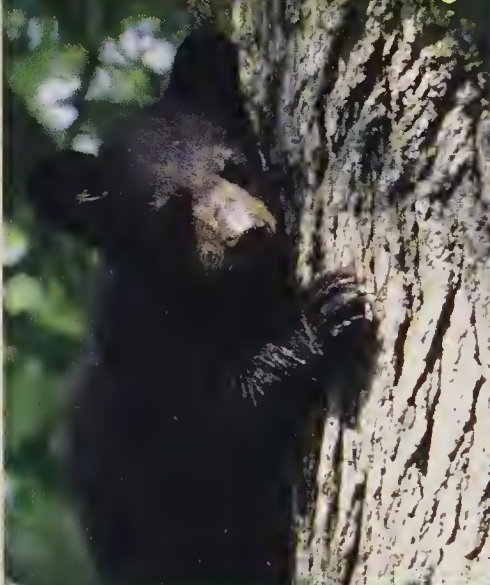
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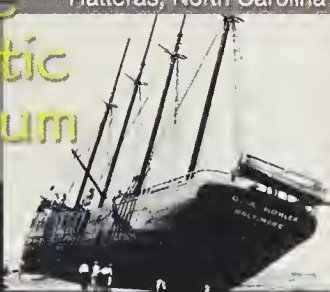
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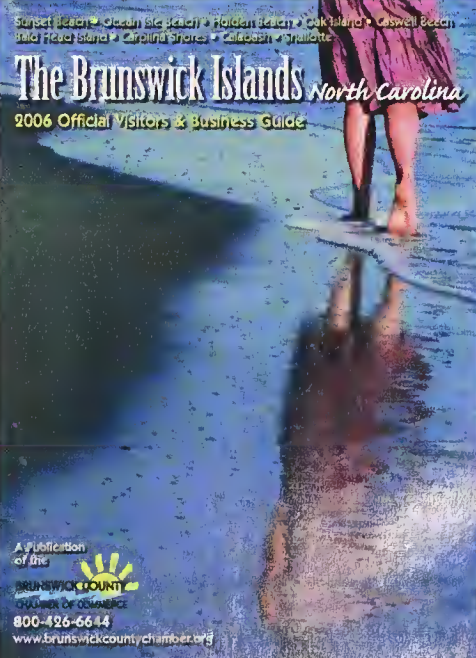
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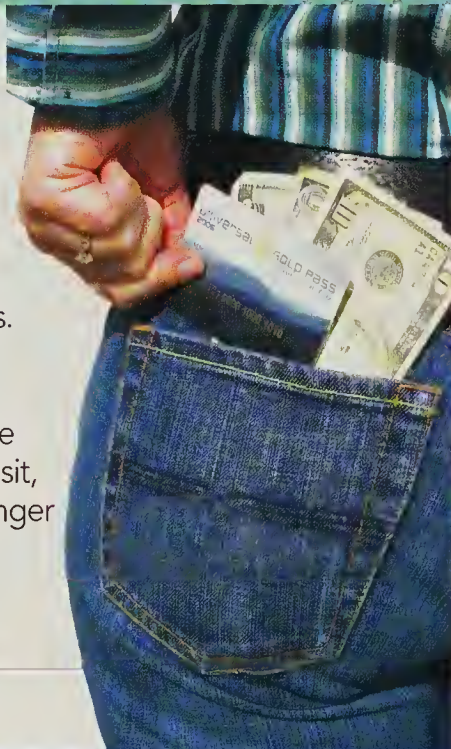
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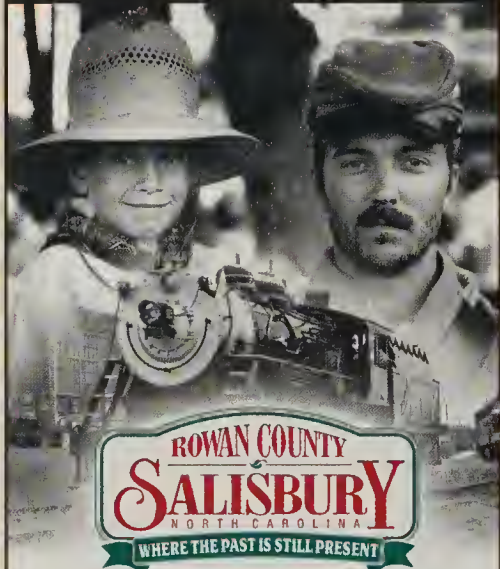
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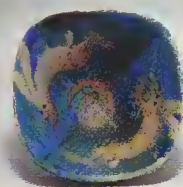
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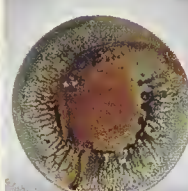
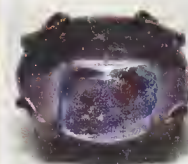
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www.sanfordpottery.com

For more info call:

AK&K 919-776-4351

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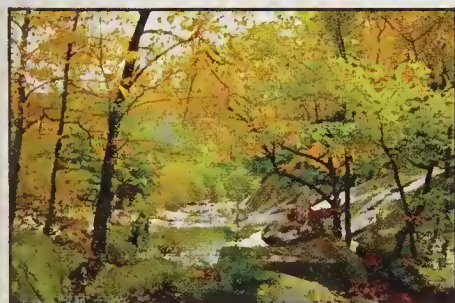


Advertiser 15

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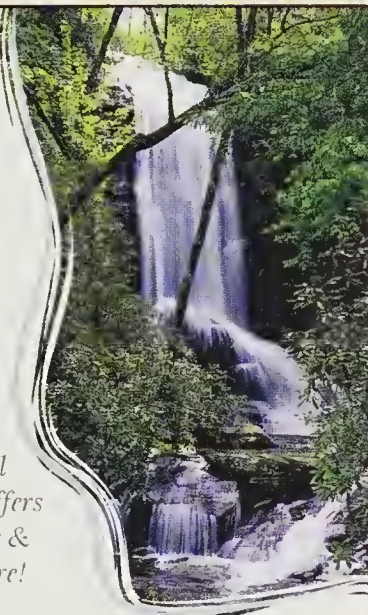
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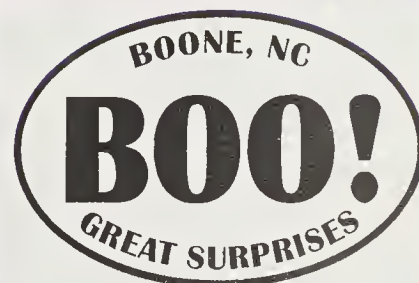
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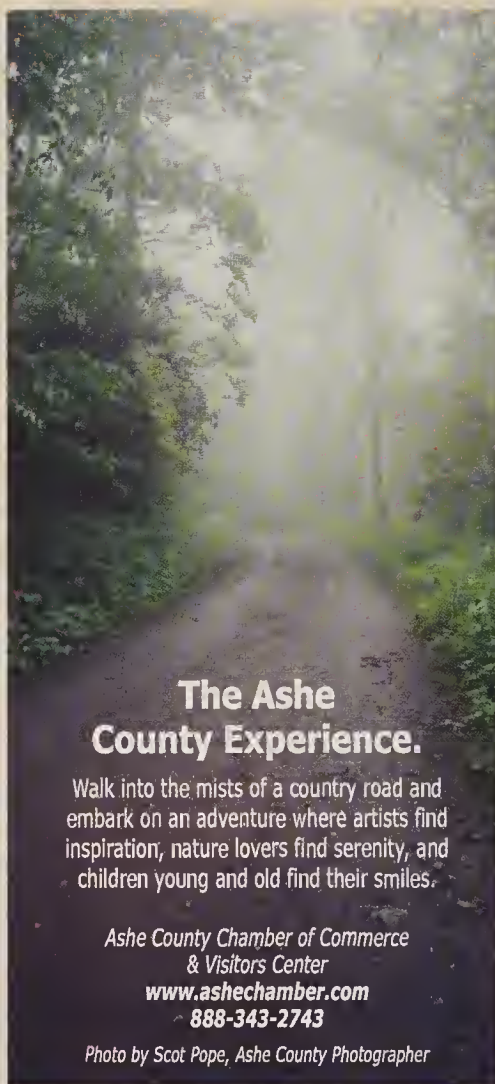
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Photo by Scot Pope, Ashe County Photographer

Advertiser 20

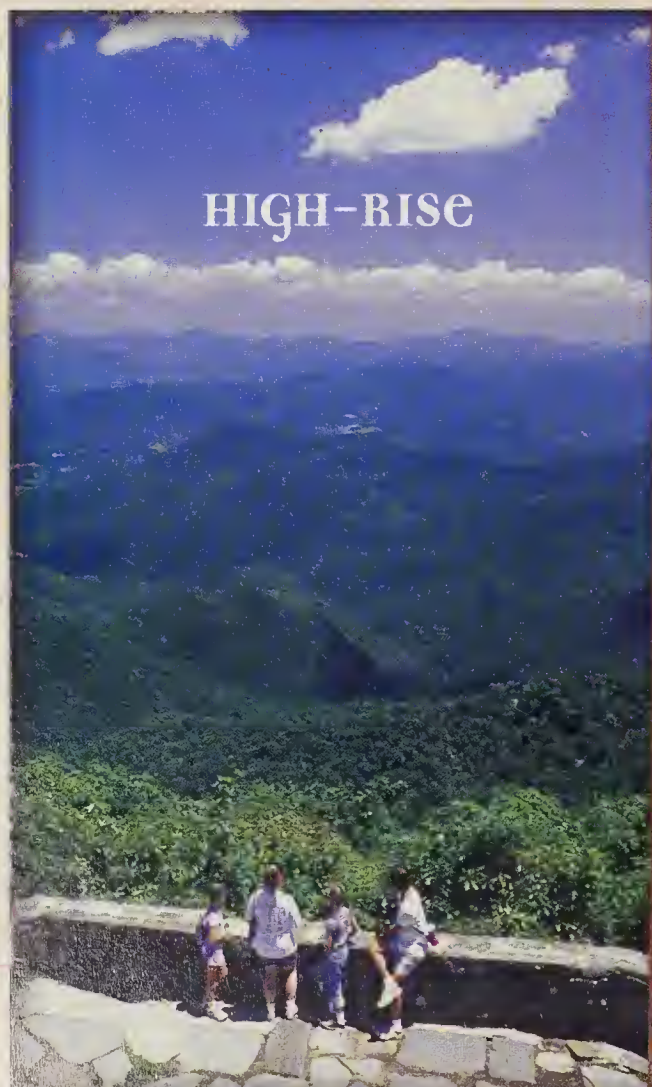
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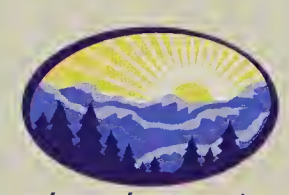
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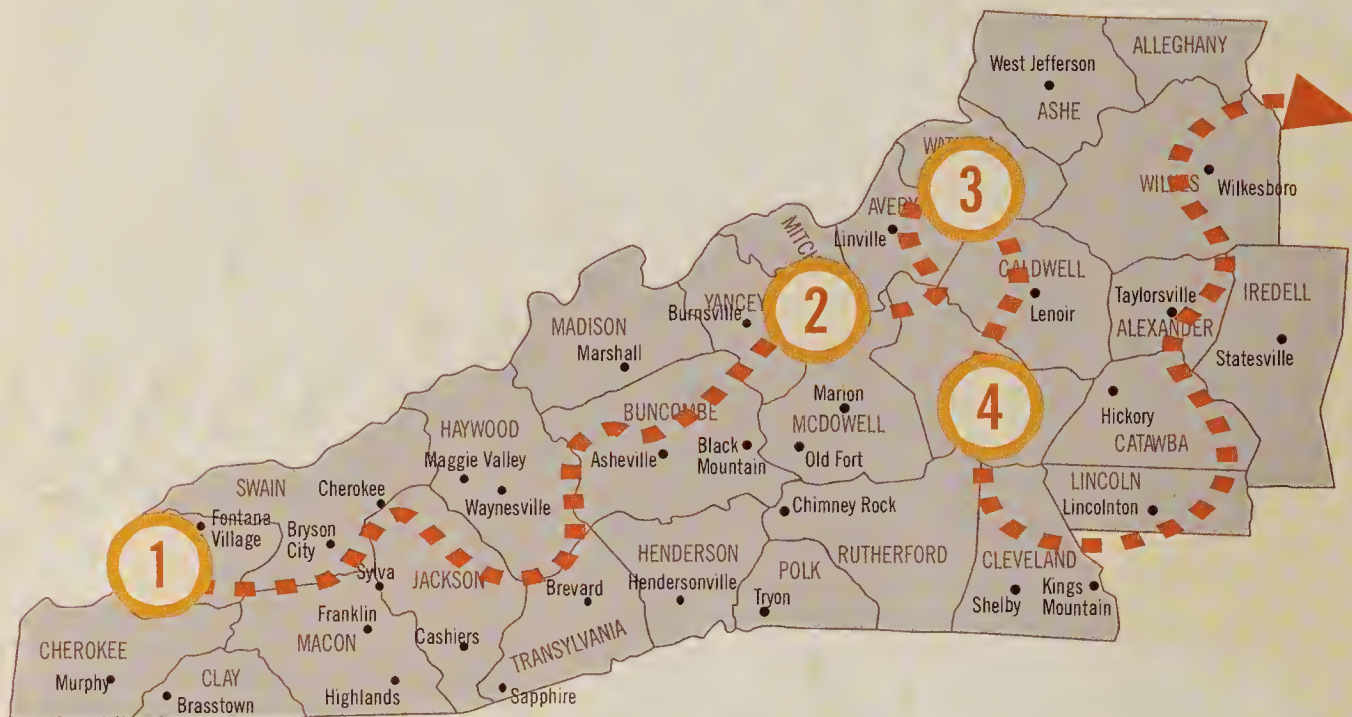
Graham County, North Carolina

For Information, contact:

Graham Co. Travel & Tourism, Robbinsville, NC
800-470-3790
www.grahamcountytravel.com

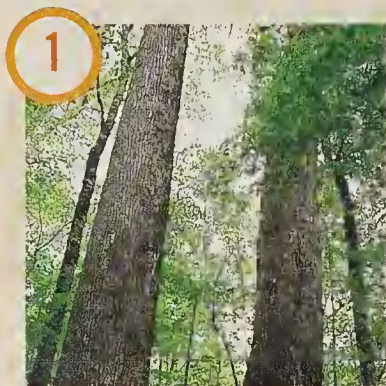
Advertiser 28

MOUNTAIN ADVENTURES



Towering peaks, lush valleys and postcard views are just around the bend in this culturally rich region. Old-time music, heritage arts and crafts, quaint inns, Appalachian cooking and pristine hiking trails are among its attractions. (For more information see our travel resources on page 79.)

By Karen Olson House



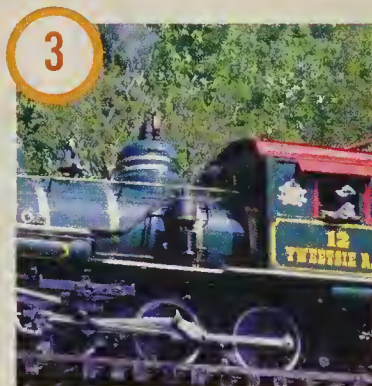
JOYCE KILMER MEMORIAL FOREST

Giant trees 100 feet tall and 400 years old, 20 miles of hiking trails, and utter peace and quiet.



EMERALD VILLAGE

Find a gem every time—guaranteed. See how a mountain mining town lived between the 1920s and 1950s.



TWEETSIE RAILROAD

The steam engine's whistle that once echoed among the mountains now signals real family fun along the railroad, plus a hankering for corn dogs.



VALDESE

To appreciate this unusually proud place and its traditions, you must understand what brought the Waldenses here from northern Italy 100 years ago.

JOYCE KILMER MEMORIAL FOREST

Graham County

For hikers and nature lovers, a walk through the lush Joyce Kilmer Memorial Forest is a primitive journey back in time. This magnificent cove hardwood forest's special offering is its immense, towering trees, some of which are more than 20 feet around in circumference, more than 100 feet high, and as old as 400 years.

The unusual and impressive remnant of virgin wilderness includes yellow poplar, hemlock, sycamore, basswood, dogwood, beech and oak trees, among others. In addition to the enormous old trees, there is an outstanding variety of shrubs, vines, ferns, lichens, liverworts and herbaceous plants. The forest's floor is carpeted with moss-covered logs from fallen giants.

The memorial forest, located near Robbinsville in Graham County, is maintained in its natural state by the National Forest Service. In spring, blazes of wildflowers show off their blooms before the massive trees' leaves open and shade the forest floor. Summer is wet, with brilliant greens—hikers say that the forest is noticeably cooler than the parking area. Fall signals a gradual color change from greens to red, orange, yellow and maroon. Then the leaves fall, revealing the "bones" of the mountains.

No plants, living or dead, may be cut or removed in this area that was the uncharted hunting ground of the Cherokee Indians. The area is a living, formal memorial to soldiers in general and a nod in particular to poet Joyce Kilmer, who was killed in action during World War I. Kilmer is best remembered for "Trees," his oft-quoted poem that begins with the lines "I think that I shall never see a poem as lovely as a tree."

HIKING THE FOREST AND WILDERNESS AREA

The only way to see this impressive area is on foot. There are roughly 20 miles of hiking trails. Hikers suggest taking the figure-eight Joyce Kilmer National Recreation Trail. It covers 2 miles and has two loops: a 1¼-mile lower loop that passes by the Joyce Kilmer Memorial plaque, and an upper ¾-mile loop that swings through Poplar Cove, a grove of the largest



In addition to huge trees, there is a wide range of beautiful shrubs, ferns, vines and lichens.

trees. The trailhead parking area has a flush toilet and picnic tables. No camping or overnight parking is allowed inside the forest. However, two campgrounds, Horse Cove and Rattler Ford Group, are located a half-mile away. The memorial forest lies within a much larger area to explore, the Joyce Kilmer-Slickrock Wilderness area. Not counting the Joyce Kilmer Memorial Forest, there are roughly 60 miles of hiking trails in other parts of the Joyce Kilmer-Slickrock Wilderness. It boasts mountain streams, misty waterfalls, bold, sharp peaks and rugged ridge tops. Like other wildernesses, Joyce Kilmer-Slickrock Wilderness area is managed to protect naturalness and solitude. No motorized or mechanical vehicles or equipment, such as cars, chain saws or bicycles, are allowed. Hikers must meet with nature on its own terms, which is one of the biggest charms of this area.

Joyce Kilmer Memorial Forest
Cheoah Ranger District
Route 1, Box 16-A
Massey Branch Road
Robbinsville, NC 28771

(828) 479-6431
www.cs.unca.edu/nfsnc



The memorial forest lies within the larger Joyce Kilmer-Slickrock Wilderness area.

2 EMERALD VILLAGE

Mitchell County

North Carolina is a rock-hound's heaven, with vast, shiny treasures stored underground. The Blue Ridge mountain region is particularly rich in unusual rocks and minerals, and bountiful with regard to gem mining attractions. Cities and towns that offer mining opportunities include Franklin, Sapphire, Marion, Chimney Rock, Bryson City and others.

Possibly the richest area for gems is Mitchell County. One of the county's main industries is mining, and it hosts the North Carolina Mineral and Gem Festival each August. About 60 different rocks and minerals have been found in the area, including aquamarine, emerald, garnet, and smoky quartz along with uranium and fluorescent minerals. A popular family mining attraction here is Emerald Village. This cluster of gem, mineral and mining commercial attractions, nestled high in the Blue Ridge Mountains at Little Switzerland, offers underground mine tours, gemstone mining and unusual historic displays.

A GEM FIND EVERY TIME

The gem mining operation guarantees a gem find every time, and you can keep what you find. You can see artisans working in cutting shops. And you can get your finds identified and cut by experts. Other activities include self-guided tours of the historic Bon Ami Mine. In addition, there is the Company Store, a walk-through display that shows a minia-



You can keep what you find at this family attraction.



Exhibits include an antique music museum, railroad display and minerals gallery.

ture-mining town as it would have looked from the 1920s to the 1950s—years when mines were in operation. The layout includes a post office and the mine boss' office.

EMERALD VILLAGE EXHIBITS

Displays in the village's Discovery Mill Building include a Blue Ridge Railroad exhibit. An audio-animatronics conductor tells about the Clinchfield Loops, a local railroad line that you can view in HO Scale.

Also housed in the building is an Antique Music Museum, which features numerous player pianos, crank-type music boxes and other musical instruments. Folks who like vintage farm items can look at the Homestead Display. The village's Gallery of Minerals includes an ultraviolet (black light) display where minerals glow in the dark.

The Miner's Daughter's Attic (named after a ghost, they say) houses collectibles, antiques and "general junk." Children like the North Carolina Wildlife Display. Exhibits also include a collection of mining lamps, dynamite plungers and other mining memorabilia.

Mine tours cost \$5, with discounts for students and seniors. Buckets start at \$6 for children. Adult buckets start at \$10. You also can purchase mining buckets that go up to \$1,000 depending on gemstones. Group rates are available.

Emerald Village
McKinney Mine Road
Little Switzerland, NC 28749

(828) 765-6463
www.emeraldvillage.com

TWEETSIE RAILROAD

Watauga County

Mention the name "Tweetsie" to North Carolinians and it conjures up different memories. For children, it can mean visiting the Wild West, helping the U.S. Marshal fight off would-be train robbers and devouring funnel cakes. For their more practical parents, it can signal an affordable, all-day attraction in the cool Blue Ridge Mountains. And for old-timers, the name "Tweetsie" stirs up a distant train whistle and a hankering for corn dogs.

Located between Blowing Rock and Boone, Tweetsie Railroad continues to draw crowds interested in old-fashioned entertainment. Some shows may not be performed every day. Inquire ahead. Vintage-style attractions at North Carolina's oldest theme park include:

Wild West Train Adventure: Ride on Tweetsie, a train pulled by an authentic coal-fired steam locomotive, and see costumed skits by enthusiastic actors and actresses during surprise train stops.

The Tweetsie Palace Saloon Show: A variety show that includes Tweetsie can-can girls and Diamond Lil. In between live shows, guests can watch classic westerns.

The Traditions Music Show: Including live bluegrass music and the Tweetsie Cloggers.

Professor Peppercorn's Amazing Medicine Show: Professor Phineas T. Peppercorn demonstrates his inventions and peddles his miraculous elixirs and snake oil atop Miner's Mountain.

Tweetsie also holds special events such as its Riders of the Sky concerts, Purina Incredible Dog Team performances and Halloween Ghost Train. One especially popular event is its "Day Out With Thomas," scheduled this year from June 2 through June 11. Children and grownups take a 25-minute ride with Thomas the Tank Engine, hear engaging stories and sport temporary tattoos.

The park operates two vintage steam locomotives: The #12 "Tweetsie" and the #190 "Yukon Queen." The train makes a three-mile chugging loop through the mountains, not far from the end of an original rail line station in Boone.

Country fair rides include a carousel, Ferris Wheel and Tilt-A-Whirl. You can discover yesteryear at the Antique Photo Parlor and The General Store, which sells pink cowboy hats, Indian tomahawks and pistol cap guns. In the park's steam repair shop workers maintain equipment and restore locomotives for other parks.

Tweetsie's history dates back to 1866, the year the East Tennessee & Western

North Carolina Railroad Company gained permission to construct a railroad. At the outset, the ET&WNC line (which mountain humorists dubbed the "Eat Taters & Wear No Clothes" Railroad) was to operate from Johnson City, Tenn., to the iron mines just over the state line at Cranberry, N.C. In 1916 rail service was extended to Boone.

The name "Tweetsie" was given by mountain dwellers who became accustomed to the shrill "tweet, tweet" whistles that echoed through the hills. In the summer of 1957, Tweetsie Railroad as an attraction was born.

Opening day is May 5. The park plans to be open Fridays, Saturdays and Sundays at first, and then seven days a week from May 26 through August 27 before returning to the weekend schedule from September 1 through October 29. Daily admission is \$27 for adults and \$19 for children ages 3–12. Ages 2 and under are free. Season passes are available now for the 2006 season.

Tweetsie Railroad

300 Tweetsie Railroad Lane
Blowing Rock, NC 28605

(800) 526-5740 or

(828) 264-9061

www.Tweetsie.com



Tweetsie offers country fair and train rides.



The park operates two vintage steam locomotives.

4 VALDESE

Burke County

Blessed with a number of historical and recreational attractions, Valdese stands today as an inspiring symbol of the hard work and religious faith of its settlers. This unusual town of about 4,500, located near the Catawba River between Morganton and Hickory, was settled in 1893 by the Waldenses, immigrants from Northern Italy.

The Waldenses were pre-Reformation Christians persecuted for centuries by Italian and French armies and the official church. The tiny religious sect was forced to take refuge in the rugged Italian valleys. They remained secluded in the Cottian Alps until they received their religious freedom by the Edict of 1848. With their new peace, their population swelled until their Alpine farms could not support them. They began establishing colonies in other parts of Europe, South America and locations in the U.S., including North Carolina, New York City, Chicago, Missouri, Texas and Utah. The North Carolina Valdese colony became the largest Waldensian colony in the world outside of Italy.

TRAIL OF FAITH

One way to learn about the Waldenses' journey is to take Valdese's "Trail of Faith." This 15-station walking tour chronicles significant events and includes replicas of homes, churches and industries of the Italian Waldenses. The tour begins and ends at the Welcome Center and includes:

The School of the Barbas. Ministers called "barbas" studied and transcribed the Bible to their own language, a dialect called "Patois."

Church of the Cave. The cave, featuring a low, narrow entrance, served as a safe place for the Waldenses to worship God.

The Temple at Ciabas. Like many of the early temples, it was built without a bell tower because the Waldenses were for-



The outdoor drama "From This Day Forward" tells the immigrants' story.

bidden from calling people to gather for worship.

The Tron House. This tiny frame house was one of the first homes built in the summer of 1893, when the Waldenses settled Valdese. Pierre and Louise Tron, with their children, were among the 29 brave souls who first settled Valdese. Their job was to prepare for the arrival of nearly 200 other colonists about six months later.

ARTS AND MORE

An annual outdoor drama, "From This Day Forward," chronicles the Waldenese struggle with humor and insight. It is usually held in July and August. The Waldensian Museum features several rooms and thousands of items that date back to the earliest immigrants. The interior has been arranged for displays, including photographs, clothing, crafts, home and church furnishings, farm implements, carpentry tools, wine-making apparatus and toys. Walden Ian Heritage Wines, a working winery, preserves the winemaking tradition. At the Valdese Heritage Arts Center local artisans display their work, including baskets, woodcrafts, carvings and glassworks.

During the summer, Valdese comes alive on Fridays with a Farmer's Market across from Town Hall. When the market closes the music begins, with family-oriented Friday night concerts that showcase bluegrass, gospel and country musicians from the region.



Mural depicts old-style town of Valdese.

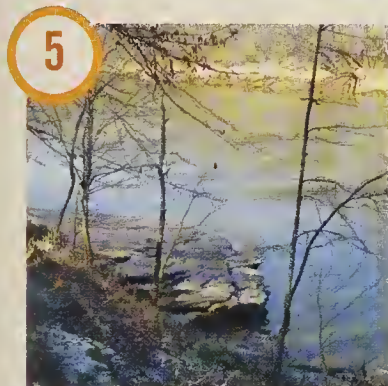
Valdese
(828) 879-2126
www.valdese.com

WESTERN PIEDMONT ADVENTURES



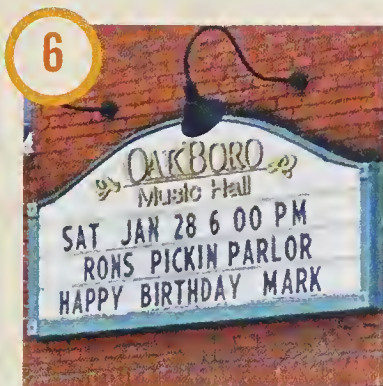
Like the gold found and minted here in the 1800s, this region is bright and polished. They say the best barbecue comes from here, too; not to mention furniture, granite, ceramic arts and sonkers. Because of the shine, you can't miss it. (For more information see our travel resources on page 79.)

By Michael E.C. Gery



BOONE'S CAVE PARK

This is a peaceful place on the Yadkin River, even if Daniel Boone didn't actually live here.



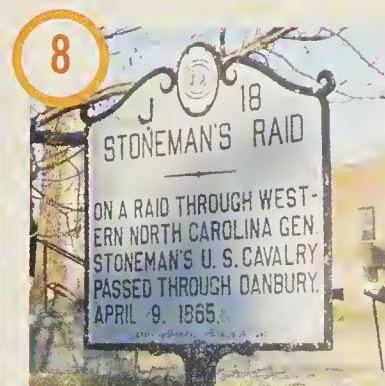
OAKBORO

The residents have asked to maintain its one-of-a-kind, small-town character, and they are getting their way.



PEE DEE NATIONAL WILDLIFE REFUGE

Where humans work with nature to make a haven for birds and other animals.

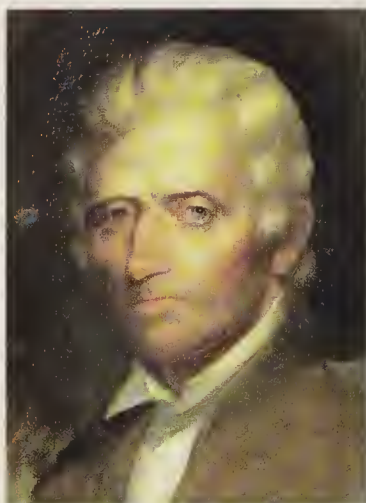


HISTORIC DANBURY

In the Sauratown Mountains, near Hanging Rock, a community nourished by its healthful mineral water and sense of preservation.

5 BOONE'S CAVE PARK

Davidson County



Daniel Boone was here as a young man in one way or another.

Daniel Boone in the 1700s traveled more than just about anyone in frontier America. Born in Pennsylvania in 1734, he blazed many trails, including some in the wilds of North Carolina, Florida, Kentucky, Ohio, West Virginia and Missouri where he finally died at age 85. He lived in North Carolina from age 15 to 35, when he left with his wife and children to see if there was any point in establishing a settlement in the

Kentucky wilderness. After setting up Boonesborough out there, he tried West Virginia for 10 years, then left for the unknown Missouri territory because, he said, West Virginia and Kentucky were "too crowded."

Daniel Boone was one of the best wilderness scouts ever. "I have never been lost," he once said, "but I will admit to being confused for several weeks." He didn't say exactly when or where the confusion set in. Maybe it was when he was here in Davidson County.

Daniel and his parents lived on some 600 acres in Davie County near Mocksville (his parents are buried in the cemetery there), and he married a local girl and raised a family. It's likely that Daniel roamed outdoors along the Yadkin River Valley down into Davidson County, but a question remained for many years: Did Daniel Boone actually live here on a bluff over the river? Local citizens claimed he did, and in 1909 they built a memorial log cabin some five miles from the Churchland community in the woods near a cave that crops out of a Yadkin River cliff. They said Daniel hid from Indians in that cave. They called it Boone's Cave near Boone's Ford, and almost immediately their claim was disputed. (A Davie County newspaperman, J. Hanpton Rich, was busy at the time erecting other markers to Boone's presence throughout the nation, including 66 in

North Carolina, many of them bogus.) It wasn't until 1965 that the authenticity of Boone's being at this cave site was tested in state court. The courts, along with N.C. Archives and History, determined that the wandering frontiersman never actually lived here.

Nevertheless, the state made the site a state park in 1970 (it was the smallest of them all) and a state Natural Heritage Area in 1978, but the state returned it to Davidson County's ownership in 2003. Since then, things at the park have improved considerably.

The drive out Boone's Cave Road off Hwy. 150 grows prettier mile by mile. At 3.6 miles you're at the parking area. Much of what you see here shows the improvements Davidson County has made the past three years. A granite monument erected by Rowan County citizens resembles the ones that J. Hampton Rich placed all over. There's a very nice picnic pavilion that overlooks the bend in Yadkin River. Below is the 80-foot-long cut in the rock known as Boone's Cave. It's quiet, dark, cool and scary in there, and you can poke around the "rooms" deep inside, if you are so moved. Marked trails go by wildflowers, a 154-foot-tall cottonwood tree and the controversial old cabin.

Swimming and fishing are excellent. And the county plans to erect more information pieces on Daniel Boone, plus a pier and canoe access.

Boone's Cave Park
P.O. Box 1711
Lexington, NC 27293

(336) 242-2285
www.davidsoncountync.com



The 100-acre park is part of the Yadkin-Pee Dee River Trail.

At first glance, Oakboro looks like any small town with storefronts along Main Street and railroad tracks nearby. But it doesn't take long to figure out that Oakboro likes being unlike any small town.

Immediately striking is Oakboro's love affair with water. Three water companies do business within a three-block area on Main Street alone. RG Water Shoppe carries "healthy" water coolers you'd find in offices. B&G Water Shop carries bottled water, too, and you can choose your own label, like Anchor Steam Power Co. and Big Lick Licker did. Blue Ridge Atlantic Enterprises specializes in rainwater management, whether it's rooftop runoff or underground stormwater. Both beverage dispensing machines on Main Street contain bottled water, including the Coke machine bearing a life-size image of No. 55 NAPA driver Michael Waltrip, and the water machine in front of B&G that sells both water and Yoo Hoo for 50 cents a bottle. With such good water resources, it stands to reason that Oakboro would have a popsicle factory, too. The Pelateria La Potosina Popsicle Factory makes and sells popsicles flavored with tamarind, pineapple, mango, pecan, strawberry, lime, cantaloupe, coconut, watermelon or vanilla.

Wings, Inc. also might strike you as unlike anything else. On the corner of Main and 1st, Wings sells local honey, herbs, gifts and models, including a Blade CX RTF electric coaxial helicopter and other radio-controlled aircraft that they fly at Dwight Hill RC Airfield ("Home of the Rocky River Flying Aces") a mile and a half outside town.

The Penny Restaurant specializes in Chinese and Italian cuisines. Oakboro Tractor & Equipment sells "Toys 4 Big Boys." There's a trophy shop and a custom embroidery shop. The garden shop is housed in what was once a fueling station. Oakboro General Store and Hardware is where BJ Supply Co. used to be (the ad remains on the brick wall of the 1920s building). What was once Punk's Drug Store now houses Fountain Grill, which has become famous along with the Oakboro Music Hall next door. Oakboro Music Hall (www.oakboromusic hall.com) brings "big show" country, blue-



Nice, new sidewalks and benches. Fountain Grill is open Wednesday through Saturday evenings and Sunday 11 to 3.

grass and you-name-it bands to its classic brick-walled hootenanny hall.

This town of maybe 1,200 people has had its own government since 1915. They keep telling their elected officials they want to hold on to the small-town atmosphere, and obviously the officials listen. Things began jumping when the railroad came in 1913. Five Roads junction was called Furr City then, for the family who owned the store where people in the surrounding country would come for supplies. The Oakboro Cotton Mill, built in 1923, operated 50 years before Tuscarora bought it, and it remains the town's largest employer. The Oakboro Regional Museum of History preserves the town's heritage (they had a hats exhibit recently and afternoon tea where they sang Stephen Foster tunes played on a 1927 Estey Reid organ). And pretty soon they'll have the Oakboro Railroad Museum, too.

Depending on who's at the Music Hall, the event that draws the most interest is the Summer Nights Cruise In (www.oakborocruisein.com) every fourth Friday April through October (and now every fourth Saturday in winter, not to mention the occasional Bike Day). This is when classic cars cruise Main Street and people just hang out and have a good old time.

Town of Oakboro
109 North Main Street
Oakboro, NC 28129

(704) 485-3351
www.oakboro.com



Oakboro Music Hall rivals the Cruise In as the biggest draw in town.

7 PEE DEE NATIONAL WILDLIFE REFUGE

Anson and Richmond Counties

Michael Gery



The refuge employs a variety of management methods to keep the place comfortable for wildlife.

One reason birds and other wild animals like Pee Dee National Wildlife Refuge is that humans keep the place in good shape. In April, for example, you'll see newly planted cornfields here, young wheat swaying in the breeze, and lowlands that have been shallowly flooded on purpose. This human activity creates watery areas and mudflats for moist soil plants such as smartweed (really, that's what it's called) and other conditions that migrating birds appreciate. You might also see people opening up beaver dams.

Farmers, hunters, people starting woodland fires, people trapping and banding birds, people building nesting boxes—they are as important to this refuge as the wildlife. The farmers leave part of their corn, milo and soybean crops just for the birds. In fact, the low-intensity farming methods attract other farmers, agriculture teachers and specialists who are interested in how the fields are managed.

Back in the 1920s, Lockhart Gaddy placed his captive live

geese in this area so he could attract and shoot wild ones. In 1934 he stopped shooting them and concentrated simply on attracting migrating waterfowl. By the 1950s, some 10,000 birds came through here, and they themselves

attracted people from all over the United States who came to look at them. As geese and ducks began declining in this region in the 1960s, local people and helpful government officials followed the Gaddy model and established in 1963 the Pee Dee National Wildlife Refuge. Hazel Gaddy managed her late husband's refuge until 1975, and it is now part of the Pee Dee NWR.

Today this refuge in Anson and Richmond counties comprises 8,443 acres of pines, hardwoods, fields, ponds and wetlands, including Brown Creek and the local stretch of Pee Dee River. The refuge manager will tell you the place is within "the largest bottomland hardwood tract left in North Carolina's Piedmont." That could be why some 180 bird species come through here (including the extremely rare red-cockaded woodpecker), as well as animals like grey fox, white-tailed deer, green snake and golden mouse.

You can hunt quail, rabbit, dove, squirrel, turkey, opossum, raccoon and deer at certain times between September and February (there's a book of regulations for this). You can fish from March 15 to October 15. You can drive through here in your car any time of year between sunrise and sunset, or paddle a canoe, or run your wheelchair, or just walk for hours without seeing anyone.

Bird migration begins in August and continues into October so that by winter the place is crowded with ducks and geese. You have to see it to believe it.



You can see the American kestrel in this refuge.

Pee Dee National Wildlife Refuge
Route 1, Box 92
Wadesboro, NC 28170

(704) 694-4424
peedee@fws.gov
www.peedeefriends.org

HISTORIC DANBURY

Stokes County

They crowned Danbury the Stokes County seat when they split today's Stokes from Forsyth County in 1849. Soon afterwards, the mineral water and springs around here became a major attraction for health seekers from other states. Historic Danbury now draws much of its charm from the heady days of the mineral springs fad.

Between the 1870s and 1920s, three magnificent, elegant hotels in the surrounding area catered to tourists who came for the springs, clean mountain air and natural beauty. They were well-built white-frame wooden hotels — Piedmont Springs, Moore's Springs and Vade Mecum Springs — whose staffs served memorable meals in large dining rooms and entertained guests with international string ensembles and excursions to the mountains and Dan River. Fire destroyed two of the hotels, but today's Sertoma 4-H Center is in the Vade Mecum building and operates a summer camp on the grounds.

Much earlier, before the year 1000, Saura Indians also enjoyed the serenity and abundance of this area. Part of the eastern Siouan-speaking nation, the industrious Saura took advantage of the plain by Dan River (named for a Saura elder) and lived in the ridges surrounding Danbury.

In Danbury now you see a dignified settlement with the stately brick 1904 Stokes County Courthouse presiding over Main Street. Across the street is the alluring Dan River Artsmarket where regional art and crafts are displayed. Up



Michael Leary

The work of some 75 artisans appears at the Dan River Artmarket across from the courthouse.

the road from the Courthouse is Moody Tavern, which served as headquarters for the Union Cavalry's Gen. Stoneman's troops in 1865. It is undergoing restoration. And down the road is the Wilson Fulton House, a historic brick place built in the late 1850s by a local merchant and tanner. The building is listed on the National Register of Historic Places and will be restored by the Stokes County Historical Society to serve as a museum and research center someday.

Iron mining also thrived here for a while in the early half of the 1800s. The Moratuck Iron Furnace, built about 1843, made iron for bars, and it stands on the edge of Danbury. There's an access point to the Dan River in the same area.

Anywhere you go around Danbury you'll see the majestic Sauratown Mountain range. Hanging Rock State Park is the main public attraction here, with its wood-and-stone bathhouse (also listed on the National Register) and visitor center lodge. It's a 7,000-acre park with 18 miles of trails, campgrounds, waterfalls and an amazing view from Moore's Knob.

You can experience the same Danbury hospitality that existed during the days of the grand hotels and their excursions, maybe not as elaborate but certainly as friendly. The Whippoorwill Inn Guest House and Dan River Cottage both have fine accommodations. And provisions, especially for river adventures, are available at the Danbury General Store and the Dan River Company.

Stokes County Historical Society has identified some intelligence they claim originated here. It may be helpful:

The first frost comes three months from the time you hear the first katydid.

It will hail in May if it thunders in February.

If a river gets out of its banks in March, it will do so again in August.

When it is foggy in the morning, it will clear before noon.

Stokes County Tourism Council
P.O. Box 20
Danbury, NC 27016

(336) 593-2496
www.stokescounty.org



The Stokes County Courthouse is known for its porticos and mansard cupolas.

EASTERN PIEDMONT ADVENTURES



Award-winning museums, top-flight golf, renowned gardens, great bicycling—the Piedmont boasts a wide range of educational and recreational attractions. Among its varied offerings explored here are an unusual winery, a fast track for drag racing fans, a tucked-away plantation house and a big, shining lake with lots of critters. (For more information see our travel resources on page 79.)

By Jennifer Taylor



THE WINERY AT IRON GATE FARM

Open year-round, this quaint winery and working farm offers wine tastings and a gift shop with local art, homemade baskets and culinary treats. Oh, there's a fishing pond, too.



HOUSE IN THE HORSESHOE

Named after a bend in the Deep River, this hilltop plantation home was built around 1772 and still bears battle scars from the American Revolution.



THE ROCKINGHAM DRAGWAY

The fastest track in the Carolinas, the dragway hosts some of the most exciting car and motorcycle drag racing in the country.



KERR LAKE RECREATION AREA

This 50,000-acre manmade lake stretches from the northeast Piedmont across the border into Virginia. It's a great place to sail, ski, fish or spot wildlife.

THE WINERY AT IRON GATE FARM

Alamance County

Jennifer Taylor

If you are interested in a quiet escape to a relaxed and tasteful atmosphere ideal for wine tasting or just visiting with your friends and family, The Winery at Iron Gate Farm is a good retreat. In September 2000, owners Gene and Debbie Stikeleather bought the farm with hopes of maintaining its agricultural integrity. Interested in a career change, Debbie began attending classes at Surry Community College in wine grape growing and wine production, called viticulture and enology. In April 2001, the owners planted the first grapes on the farm and in 2002, the first harvest

of Sauvignon Blanc went to Hanover Park Vineyards. After selling the grapes to wineries in the Yadkin and Surry areas for several years, the owners decided to make their own wine and opened to the public on July 1, 2004.

The Winery at Iron Gate Farm is a quaint, friendly environment surrounded by 60 acres of farmland and eight acres of vineyards. The winery has a patio with tables and chairs, a front porch with rockers for lounging, a cozy tasting room and even a pond with a small pier for fishing. Armed with a picnic basket, cane pole and bottle of wine, you can stroll the beach around the pond. The winery has also hosted weddings, bridal showers and receptions. The



This relaxed, friendly environment, with eight acres of vineyards, is also a working farm with 60 acres of farmland and horses, goats and chickens.

vineyards and winery at Iron Gate are a serene stage for a romantic outdoor event.

In 2005, the vineyard and winery received Best in Show and was a double gold winner for their Cabernet Sauvignon at the N.C. State Fair. The most popular wine at Iron Gate is a sweet, white wine, Flue Fire, named after an old tobacco curing process. Other wines produced at the vineyard include Merlot, Sauvignon Blanc and Chambourcin, as well as other red and white wines. Niagara, Viognier, Sangiovese and Merlot are just some of the grapes grown at the vineyards.

SPECIAL EVENTS PLUS LOCAL ART

In addition to grape growing, Iron Gate is also a working farm with horses, goats and chickens. On Saturday, May 6, the property will host its annual "Old Fashioned Farm Day" with arts and crafts vendors from across the state. Admission is free and visitors can enjoy wine tasting, fishing, wagon rides, music and food.

The gift shop inside the winery is a delightful spot to view local art. Hand crafted items for sale in the store include rural farm prints, oil paintings, wine lamps and cork boards made by local high school students, homemade baskets and a variety of culinary products like vinegar and honey.

The Winery at Iron Gate Farm is open year-round for guests and tours. A \$2 tasting fee includes your own wine glass, and if you purchase two bottles or more of wine, the tasting is free.

The Winery at Iron Gate Farm
2540 Lynch Store Road
Mebane, NC 27302

(919) 304-9463
<http://irongatevineyards.com>

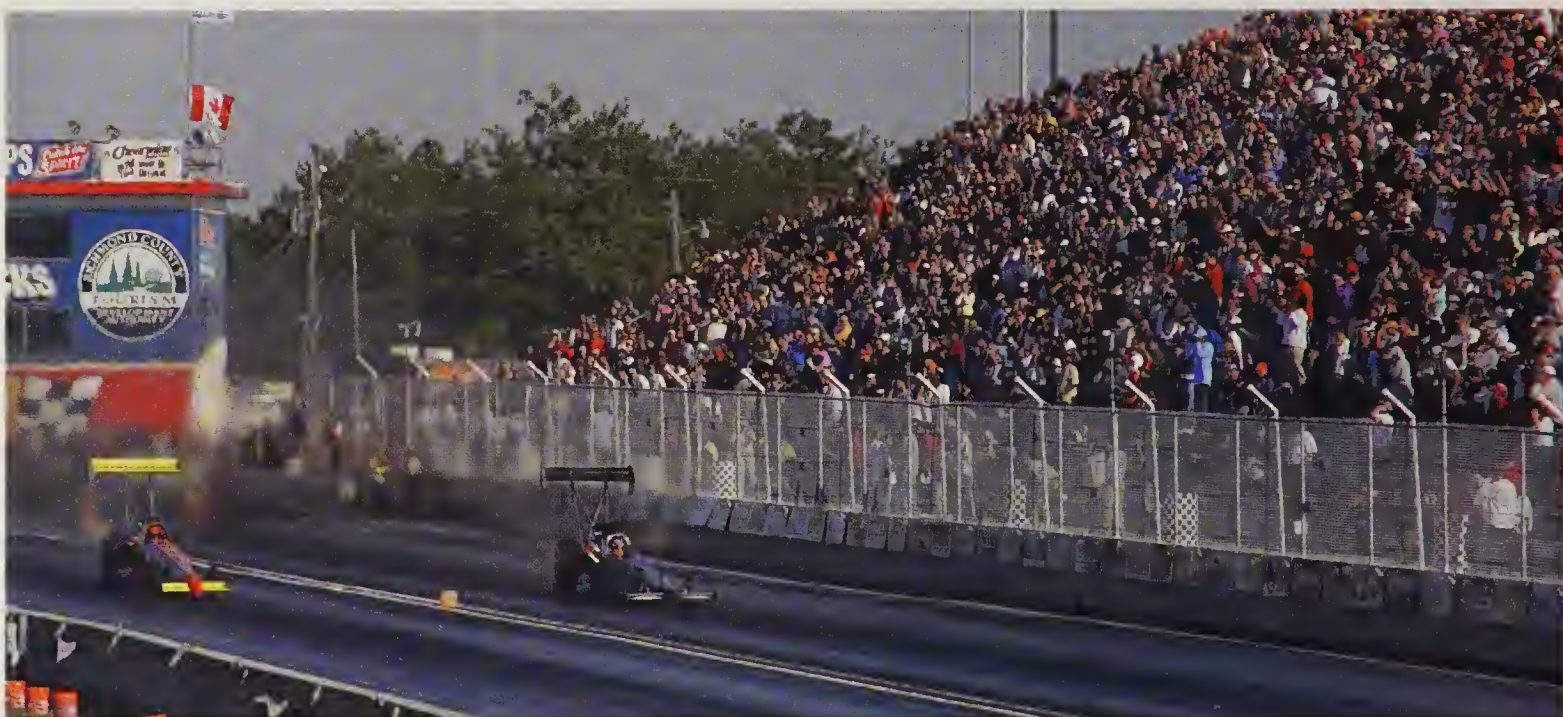


The winery has a patio, a front porch with rockers and a tasting room.

10 ROCKINGHAM DRAGWAY

Richmond County

Raceworks.com



Racers and fans alike enjoy a year-round calendar of events ranging from the International Hot Rod Association World Finals and the IHRA Spring Nationals to a "Smoke at the Rock" barbeque cook-off.

Do you feel the need for speed? Are you ready to experience life in the fast lane? The Rockingham Dragway is the fastest track in the Carolinas and home to some of the most exciting car and motorcycle drag racing in the country. Racers and fans alike will enjoy a calendar of events ranging from the International Hot Rod Association (IHRA) World Finals and the IHRA Spring Nationals to the "Smoke at the Rock" barbeque cook-off. The dragway's performance history includes 29 years as host to at least one national drag championship per year. Starting this year the dragway will offer an all-new drag racing school with professional racer Dale Brinsfield.

In addition to the two main IHRA events, the Rockingham Dragway will be the site of the Torco Race Carolina Coalition series, several motorcycle races including the All-Harley drag racing Screamin' Eagle World Nationals, as well as a combination of other racing events involving

some of the world's fastest street cars. The dragway also produces a Saturday night street-legal series.

2006 RACING HIGHLIGHTS

The 2006 schedule, comprising more than 70 races, blasted off on January 22 and will conclude in December. In February, the track had nitromethane-burning funny cars in the Pro Modified and Pro Stock events for the first time since 1994. The IHRA Spring Nationals, featuring the Castrol Nite of Fire, will be held April 21-23 and the IHRA World Finals will be October 20-22. In November, the Southeast Bracket finals are expected to bring approximately 700 race teams to the dragway. In June, the track will host the annual Freedom Fest honoring the men and women of Richmond County who have been involved in operations in Iraq and Afghanistan.

The year-round racing programs and expanded calendar reflect the increased interest in automobile and motorcycle drag racing. The track's ideal location in the southern Piedmont attracts visitors from all parts of the state, as it is within a two-hour drive from Charlotte, Raleigh-Durham, Fayetteville, Greensboro and Winston-Salem.

This family-friendly environment is a weekend getaway for race fans and speed enthusiasts. Watch funny cars and super bikes zip by so quickly you will feel the heat and hear the engines before you get a good glimpse of the race. To order tickets to a racing event and for information on driving directions, area hotels, the track map and seating chart, as well as the 2006 calendar of events, visit the Web site.

The Rockingham Dragway
2153 US Hwy 1 North
Rockingham, NC 28379

(910) 582-3400
www.rockinghamdragway.com

Raceworks.com



HOUSE IN THE HORSESHOE

Moore County



One of North Carolina's official State Historic Sites, the traditional house has a gable roof and two large brick chimneys.

"There once was an old woman who lived in a shoe," but have you ever heard of the House in the Horseshoe? Step back in time and visit one of the first "big houses" of upland North Carolina's frontier country. Named after a horseshoe bend in the Deep River of Moore County, this hilltop plantation home still bears battle scars from the American Revolution. Can you imagine seeing a bullet hole from a gun that was fired more than 200 years ago when our country was fighting for its independence? This plantation home is a history lover's haven and a great place to teach your children about America.



The interior is furnished with late Colonial and early Federal period pieces.

HISTORY

The House in the Horseshoe was built around 1772 and first owned by Philip Alston, a colonel for the revolutionary soldiers during the war. In 1781, local English loyalists attacked the revolutionists camped at his home and even attempted to burn it down. Alston eventually surrendered during the skirmish, but the house was left charred from fire and pierced with bullets. Alston's 2,500-acre plantation was sold to the state in 1790.

Eight years later, North Carolina governor Benjamin Williams acquired the property and named the plantation "Retreat," an ironic name given the previous owner's luck with war and life. The house was enlarged with wings for a kitchen and master bedroom, and the rich land on the river was converted to cotton fields.

Williams aspired to be a planter, and by

1802 he grew nearly 200 acres of cotton crops. Williams passed away in 1814, but his family continued to live at the property until 1853. Then the plantation changed ownership several times until the Moore County Historical Association purchased and restored it in 1954. The house is now owned by the state and is one of North Carolina's official State Historic Sites.

The house carries a traditional, coastal plantation look with a gable roof, two large brick chimneys and a big ol' front porch. The furnishings inside are late Colonial and early Federal period pieces. Other buildings on the property include a reconstructed loom house with a working loom, a well house, and an old pack house that has been converted into a small museum for visitors.

UPCOMING EVENTS

Speaking of visitors, come out and watch a live battle reenactment of the 1781 Revolutionary scuffle. The reenactment takes place the first full weekend in August. Additionally, there are musket demonstrations and other hands-on activities available. In April, the site has a militia muster with artillery and small arms demonstrations. The property is open year-round and admission is free. Watch for the horseshoe bend in the Deep River and find the House in the Horseshoe up on the hill.

House in the Horseshoe

324 Alston House Road
Sanford, NC 27330

(910) 947-2051

www.ah.dcr.state.nc.us/sections/hs/horsesho/horsesho.htm

Bryce Fleming



The site is a natural habitat for hundreds of species of birds, reptiles and fish.

Kerr Lake State Recreation Area is a good place for boating, fishing, camping and exploring the great outdoors. The 50,000-acre man-made lake stretches from the northeast corner of North Carolina's Piedmont across the border into Virginia. The lake and landscape are a natural habitat for hundreds of species of birds, reptiles and fish. The wooded shoreline is

perfect for hiking and nature enthusiasts. For those who love the water, Kerr Lake is great for sailing or water skiing.

Construction for the John H. Kerr Reservoir began in 1946, due to the increase in land development and the demand for flood control and electricity. Named after a North Carolina congressman for his role in the lake's development, the reservoir was completed in 1953. Several rivers, including the Roanoke River and Dan River, and other small tributaries feed the lake. In addition to water management, the reservoir provides forest management, recreation and wildlife conservation.

Once home to the Oconeechee Indians, the Kerr Lake State Recreation Area is home to a variety of trees. Along the 800-mile shoreline, willows and river birch can be found. Deeper into the woods, traditional varieties such as maples,

oaks, pines and dogwoods exist and provide homes to many birds. Bird watchers may spot common species that include cardinals, kingbirds, hawks and owls. In addition to bird watching, outdoorsmen and landlubbers may catch a glimpse of white-tailed deer, foxes, rabbits and other mammals. On the wet banks of the lakefront, kids and adults may find turtles, frogs, lizards and other reptiles, while ducks and geese wade at the water's edge.

FAMILY ACTIVITIES

The lake itself is a great place to spend the day with your family boating or fishing with your friends. Enjoy an afternoon picnic, teach your children how to water ski or take time for yourself and learn how to sail or canoe along the shore. For a break away from the hustle and bustle, camping can be a fun, family-oriented escape. Instead of video games and Internet, build a campfire, roast some marshmallows, tell a few stories and listen to the world around you. Consider water tubing as an alternative to "surfing the Web." Campsites are available for tents or RV's with hookups for electric and water. Camping fees vary based on amenities.

The N.C. Division of Parks and Recreation operates the Kerr Lake Recreation Area. The recreation's headquarters are located north of Henderson at Satterwhite Point in Vance County. Park hours for May–August are 8 a.m. to 9 p.m. Closing time varies during other months throughout the year.

Kerr Lake State Recreation Area

6254 Satterwhite Point Road
Henderson, NC 27537

(252) 438-7791

www.ils.unc.edu/parkproject/visit/kela/home.html



Bryce Fleming

Willows and river birch trees can be found along the 800-mile shoreline, along with ducks, geese, turtles, frogs and lizards.

SOUTHERN COASTLAND ADVENTURES

Water is at the heart of the Southern Coastland. Rivers feed the farmlands and meander to the southern beaches. Lakes and streams provide fishing, hiking and other recreational opportunities. Towns grew up along the water's edge, from Wayne County south to the Brunswick Islands, from Seven Springs to the port city of Wilmington. This is also the land of pork, tobacco, seafood, grapevines and good times at the beach. (For more information see our travel resources on page 79.)



By Renee C. Gannon



CLIFFS OF THE NEUSE STATE PARK

The Neuse River cut a cliff into this land millions of years ago. Now this diverse environment welcomes hikers, campers and picnickers.



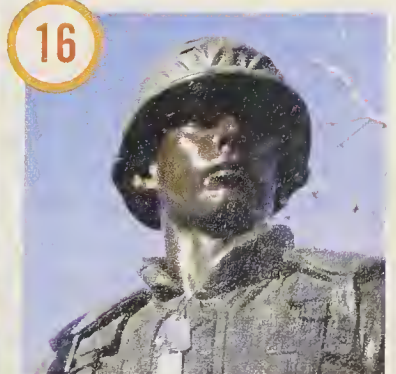
INGRAM PLANETARIUM

At the coast you notice that stars come out brighter on the black screen over the ocean. Here you can find out more about the nighttime sky and the story behind these heavenly bodies.



POPLAR GROVE PLANTATION

Agriculture is the lifeblood of the region. But it often took more than just a horse and plow to operate a large homestead in the late 1800s.



CAMP LEJEUNE MARINE CORPS BASE

A small coastal community grew up to be a leader in U.S. military operations. See the corps' history, today's military and the place where soldiers love to live.

The flatlands of eastern North Carolina hold a secret—a 90-foot-tall secret. That's the height of the cliffs overlooking the Neuse River at the Cliffs of the Neuse State Park. The 600-yard swath of multi-colored wall created by sand, clay, seashells, shale and gravel is considered an anomaly in the coastal plain.

According to the N.C. Division of Parks and Recreation, the white, tan, yellow and brown layers were formed when a fault in the earth's crust shifted millions of years ago. The river followed the fault line and cut through the sediment layers left behind by ancient oceans that once covered the area. A portion of the river bent against its bank and the erosion became the cliffs. The observation deck at the cliff's edge offers a grand view of the Neuse River.

Established in 1945, the park's 751 acres offer a wide array of recreational activities. With more than 420 plant species and a wide array of animals and birds, hiking on the park's many trails lends itself to an education on nature, as well as geology and prehistoric life. An interpretive museum at the park displays dioramas and audiovisuals about the park's natural history. The park offers boating and swimming access to its 11-acre manmade lake, as well as camping and picnicking facilities.

EXPLORING THE PARK

Visitors can explore the park on four different trails. All four trails are color coded and trees along the trails' routes are marked with color cards. Three trails are located to the right of the cliff's observation deck. The half-mile Bird Trail, rated easy, loops into the forest and back out along the river. The half-mile Galax Trail, rated easy, shows the woodland interior of the park. Both trails explore creeks once used by local moonshiners. The 350-Yard Trail leads from



The 90-foot cliffs offer a birds-eye view of the Neuse River and surrounding woodlands.

the observation deck to these two trails.

To the left of the observation deck is the Spanish Moss Trail and the amphitheater. The half-mile Spanish Moss Trail, rated moderate, will get your heart pumping with its many up and down climbs. An off-trail hike near the river offers an up-close view of the river and the cliffs. Walk carefully because the river's edge is soft, suck-you-in clay.

All trails involve some inclines and declines, with timber steps to help navigate. And be on the watch for tree roots on the trail that may cause a stumble.

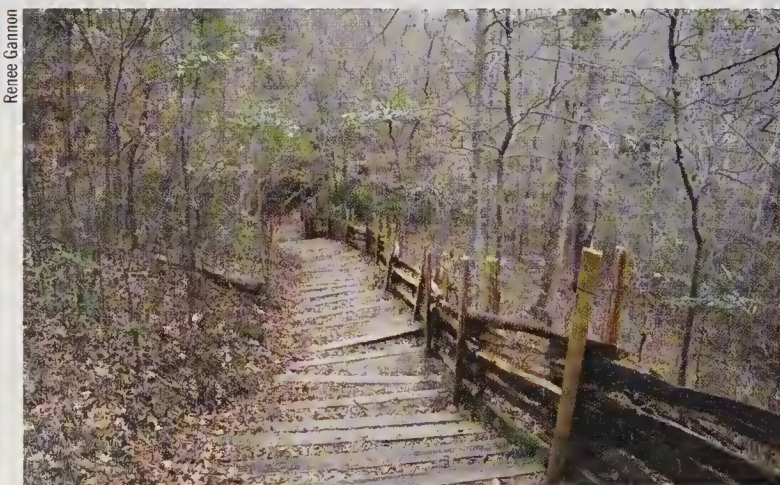
While many state parks provide similar recreational activities and trails, the Cliffs at the Neuse is a unique geological site that offers a view that cannot be missed.

Cliffs of the Neuse State Park

345-A Park Entrance Road
Seven Springs, NC 28578

(919) 778-6234

<http://ils.unc.edu/parkproject/visit/clne/home.html>



The park's hiking trails range from easy to moderate. The trails offer exploration of the park's diverse ecology. The Spanish Moss Trail (pictured) is rated moderate.

Renee Gannon



Sun, sand, water and stars. Your checklist is complete at the beaches of Brunswick County. At Sunset Beach's Ingram Planetarium, you can find out more about those bright balls of gas twinkling over the ocean. A planetarium? At the beach? That's right...

Built in 2001, the planetarium offers beachgoers a break from the endless cycle of swimming, sunbathing and beachcombing. You learn a thing or two about space and how it affects our own living planet. The 85-seat, 40-foot domed theater and the Paul Dennis Science Exhibit Hall bring the science of the stars down to levels understood by both adults and kids.

The exhibit hall includes math and science activities, such as "Easy as Pi," which demonstrates how math and physics are used in everyday life, as well as brain teasers and puzzles.



The Ingram Planetarium offers not only a lesson on the stars and planets, but also provides classes, night telescope viewing and a science exhibit hall with activities that test your brain power.

The planetarium is in the planning stage for the "View Space" exhibit, which will provide links to NASA, Hubble telescope images and daily space photos. The planetarium also provides telescopes for night-time viewing programs.

But the dome is the main attraction. The Spitz 1024 Star Projector with the multi-media presentations offered throughout the day transports viewers to other planets, stars and another time. One presentation offers a "naked eye" type of program: showing the sky as it is seen with the naked eye. Each program runs about 45 minutes with the first 15 minutes devoted to a video discussing current science news to help adjust the viewers' eyes. Many presentations change throughout the year to accommodate the seasonal changes in the night sky.

Presentations are available for all ages and change slightly depending on who presents the program. Senior Technician Mark Jankowski explains that he and the other presenters have different personalities. He admits he tends to be more scientific with a dry sense of humor. "I may throw in an obscure line from a Mel Brooks movie every once in awhile," he says with a smile. "The programs are two parts entertainment and two parts educational."

Jankowski enjoys his job, especially watching the audience reactions. "Kids love watching planets zoom up and spin in their face."

In March, the planetarium began a new program: "The Moon Through Time." Jankowski teamed up with Dr. Saavik Ford from Coastal Carolina University to create a retro look of humankind's vision of the moon, the moon's relationship with Earth and the NASA moon missions.

The planetarium provides stargazing year-round.

Ingram Planetarium
The Village at Sunset Beach
Sunset Boulevard
Sunset Beach, NC 28468

(910) 575-0033
www.ingramplanetarium.org



Blacksmith Kevin Lawrie demonstrating for visitors.

Underneath the shade of century-old trees just off busy U.S. Highway 17 north of Wilmington you will find the 19th century at the 628-acre Poplar Grove Plantation. The site focuses on homestead life in the late 1800s, when the Foy family plantation and other neighboring farms struggled to survive. Salvation came to the area in the form of the peanut.

Joseph Mumford Foy became the first to grow peanuts on a large scale in North Carolina. Like other antebellum plantations, Poplar Grove had as many as 64 slaves working the estate. After the Civil War, 63 of the former slaves remained to work or become tenant farmers on the homestead. They helped save the plantation by showing Foy how to raise peanuts, a crop brought to America from Africa.

Visitors first see the 1850 Greek Revival home. Listed on the National Register for Historic Homes, the restored mansion features period furnishings and personal items. Much of the lumber used to build the house came from the plantation grounds, including the walnut stairs and the heart pine porches.

A walk around offers a historic glimpse of life on the estate, with artisans performing skills such as weaving, basket making and blacksmithing. Visitors also see an outdoor kitchen, a tenant farmer's house and other outbuildings, all restored to the time period.

Agriculture served as the lifeblood at Poplar Grove. Today, the site grows on a very small scale crops such as peanuts, cotton, corn, beans and peas for demonstration. There is also a barnyard of cows, horses, goats, pigs and chickens. Each crop and animal serves a purpose in bringing the late 19th century back to life: from cooking and storage demonstrations, to shearing sheep and using the wool fleece for blankets and clothing.

The pace slows down on a visit to Poplar Grove. Traffic and crowded Wilmington beaches are pushed into recent memory for visitors who want to learn about a 19th century homestead and the hard work involved in daily life, when a child cherished her handmade doll and the scant rest time she had to play.

Poplar Grove Plantation is located just north of Wilmington in the Hampstead community of Scott's Hill.

Poplar Grove Plantation
10200 US Hwy. 17 North
Wilmington, NC 28411

(910) 686-9518
www.poplargoove.com



The Poplar Grove mansion, constructed in 1850, sits on a 628-acre plantation. The site offers a look into 19th century life, including agriculture, homemaking and craftsmanship such as blacksmithing and basket weaving.

A visit to this 155,000-acre military base reveals many aspects of military life, both past and present. The base offers something for everyone: military buffs, history buffs, nature buffs and those looking for something different.

To follow the base's self-guided tour, you must first obtain a visitor's day pass, a guide booklet and base map at the Camp Lejeune Visitors Center. Once past the gate's checkpoint, a short drive soon reveals a town like other Onslow County beach communities, with convenience marts, grocery stores, bowling alleys and even a movie house. Brick buildings, soldiers in fatigues, camouflage-painted vehicles and the occasional sighting of artillery remind you that this is a military base.

With the guide book in hand, First Lt. Clark Carpenter of the base's Public Affairs Office recommends a visitor ask: "What's adventurous to me?" This question will whittle down the time spent on the tour, which could take anywhere from three hours to more than a day, and includes stops on and off the base. Each stop offers a chance to vacate your vehicle for a closer look, such as Stop 3, the Base Headquarters building, which features a lobby exhibit showing the Marine Corps history and the life of the base's namesake, Gen. John A. LeJeune.

Buildings are featured prominently on the tour, but there is often more than just brick to these stops. Across from the Julian C. Smith Hall (stop 6), headquarters for the II Marine Expeditionary Forces, is a wonderful view of the New River. This river splits the base and adds natural scenery to many brick-and-mortar sites. Behind stop 7, the 2nd Force Service Support Group Headquarters, sits a lawn amphitheater facing the river. At the river's edge are three memorials honoring Marines who died during service in Grenada, Lebanon and the Dominican Republic.



The Beirut Memorial wall lists the names of those soldiers and sailors killed in the 1983 bombing of their compound.

Other stops feature tanks; an observation point that oversees earth moving via machines, weapons and grenade launchers; amphibious training; a rifle range and helicopters. Stop 11 delves into the state's tar production history and also serves as an endangered species habitat for the red-cockaded woodpecker.

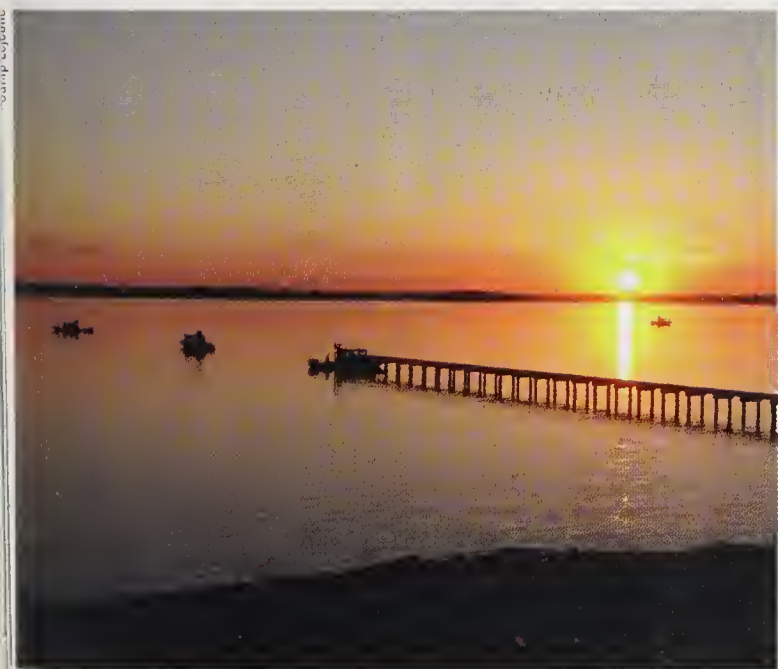
The driving tour also takes you through Sneads Ferry, where the Yopps Meeting House can be found at stop 16. Built in the late 1800s, the building has dual access denoting a time in history when a congregation was separated by gender. Surrounding the building is a haphazard array of family cemeteries.

Stop 24, Montford Point-Camp Johnson, recognizes the accomplishments of the first African-American Marines and where they received their training. Visitors learn more about this complex at the Montford Point Museum.

The 25th and final stop on the tour lies across the road from the cemetery complex. The quiet and moving Beirut Memorial pays tribute to the 273 Marines, soldiers and sailors who died in Beirut, Lebanon, when a bomb destroyed their compound. In 2003, a steel beam from the World Trade Center was added to the park. The New York Fire Department presented the beam in recognition of the 343 firefighters lost on 9/11 and the Marines who honored them on the battlefields of Iraq.

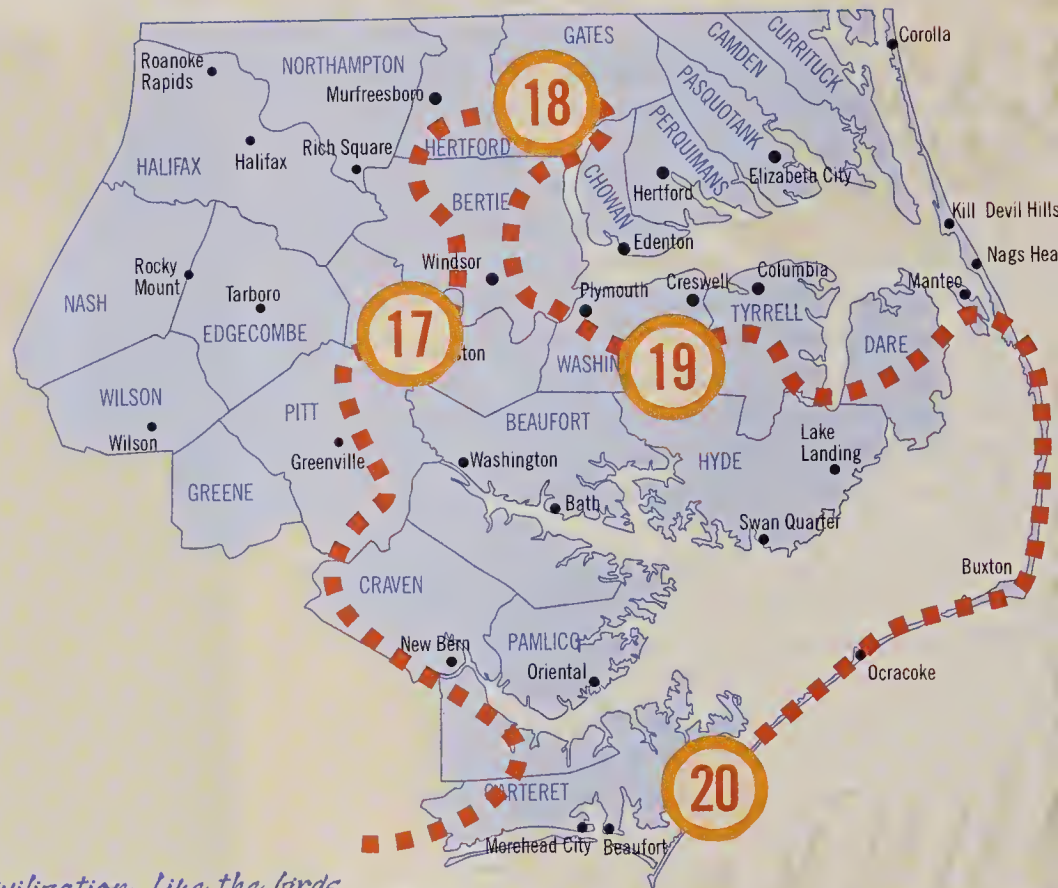
Camp Lejeune Public Affairs
P.O. Box 8438
Camp Lejeune, NC 28542

(910) 451-7440
www.lejeune.usmc.mil



The Camp Lejeune military base isn't all brick and mortar. The base offers access to some of the most beautiful views of the New River, the waters of the intercoastal waterway and the sand at Onslow Beach.

NORTHERN COASTLAND ADVENTURES



This is North Carolina's cradle of civilization. Like the birds in the local Atlantic Flyway, here is where we learned to fly faithfully and gracefully. Now we teach others how to keep it that way. (For more information see our travel resources on page 79.)

By Tara Verna



DEADWOOD

What is it about this family-owned, western-themed park that draws folks to the outskirts of rural Bear Grass (pop. 53) in Martin County?



MERCHANTS MILLPOND

More than 3,250 acres of coastal pond and southern swamp forest habitats, one of North Carolina's rarest ecological communities. Camp, fish, canoe, hike and picnic—all around the mysterious millpond itself.



SOMERSET PLACE

This 37-acre state historic site affords a glimpse into 19th century plantation life. During its active years (1785-1865), more than 850 enslaved people lived and worked here.



CAPE LOOKOUT SEASHORE

Three undeveloped barrier islands—North Core Banks, South Core Banks and Shackleford Banks—make up this ½-mile wide seashore. Discover lost towns, a lighthouse, endangered species and unusual solitude.

Whether it began as something to do in the middle of nowhere, as a “get-rich-quick” scheme, or as a way for two ex-construction workers to keep busy, may be less important than the fact that Deadwood is growing in popularity and for good reason. This family-owned, western-themed park/restaurant/music and theater venue caters to seniors, families, music buffs, couples, tour groups—you name it. There are often lines to get in the three evenings per week that the park is open, and it’s not unusual for 500–1,000 people per night to walk through its doors for special events.

So what is it about Deadwood that draws folks to the outskirts of rural Bear Grass (pop. 53) in Martin County?

Part-owner Derrick “Mr. Deadwood” Price shakes his head in bewilderment at the park’s good fortune.

“Sometimes I think that people are originally brought out here as a joke or on a whim. I can see them sweating it and wondering ‘Where the heck are they taking me and why?!’”

HERE'S WHY.

Theater There’s the monthly dinner theater, “The Trial of Jack McCall,” which tells the story of the local miners’ court that found Jack McCall not guilty of the murder of Wild Bill Hickok in 1876.

Music Deadwood hosts a variety of musicians every Saturday night and some Fridays. The local bands “The Switch” out of Durham (high-energy, variety) and “Chairman of the Board” out of Charlotte (R&B, southern soul) appear there regularly.

Special events The park puts on periodic musical dinner shows in conjunction with the senior center in Williamston. Business seminars, dances, company family days, birthday parties for children—people rent Deadwood out for all sorts of reasons. Halloween lures guests to the park for its haunted train ride and spooky atmosphere—picture creepy, old west buildings, roaring bonfires and ghostly characters.

Smokehouse Grill Ninety-percent of Deadwood’s business comes from its restaurant, the “Smokehouse Grill.” As



A carved wooden bear welcomes patrons to the “Smokehouse Grill” restaurant where ribeye steaks and baby back ribs rule supreme.

expected from the name and theme, you’ll find entrees heavy on the meat with the ribeye steak and baby back ribs taking center stage. The restaurant and dance hall are both non-smoking after Derrick’s mother Gale, a non-smoker, had a scare due to spots found on her lungs two years ago. Rather than risk losing his best DJ (his mother) to the smoky environment, Derrick decided to go non-smoking, resulting in added appeal to families and an increase in business.

Miniature golf to train rides Miniature golf is actually how the park got its start. Back in 1989, Derrick and his father Ira Price put their backgrounds in construction to work by building a few putt-putt holes to entertain themselves. Bored friends began playing as well and eventually paid for the privilege. One thing led to another and the park opened officially in 1992, with additions made to its odd assortment of offerings each year thereafter. The park currently offers an arcade, a playground, a carousel, picnic area, ice cream and coffee shop, and restaurant and dance hall. The “Iron Horse Express” train and its half mile of track through the woods is one of the latest additions. “I don’t want to get in a rut doing one thing,” grins Derrick about the wide variety of offerings at Deadwood.

If you go, Williamston is the closest city to Deadwood, maybe 10 minutes away. The park is open Friday from 5:30–10 p.m., Saturday from 5 p.m.–2 a.m., and Sunday from 12–9 p.m.

Deadwood
2302 Ed’s Grocery Rd.
Williamston, NC 27892

(252) 792-8938
mrdeadwood@earthlink.net
www.deadwoodnc.com



Deadwood takes its theme from the wild west. Old, dilapidated buildings, rickety wagons with spoked wheels, cow skulls and deteriorating wooden signs add to the atmosphere.

Dark waters coated with pea-green aquatic plants, tupelo gum and age old cypress thick with Spanish moss, ancient predatory fish swimming alongside water snakes—you almost expect to see dwarves and gnomes inhabiting the forest and swampland at Merchants Millpond State Park.

Located in Gates County not far from Gatesville, the state park encompasses more than 3,250 acres of coastal pond and southern swamp forest habitats, one of North Carolina's rarest ecological communities. Visitors to the park can camp, fish, canoe, hike and picnic—all activities that revolve around the park's four-star attraction, the mysterious millpond itself.

THE MILLPOND

The 760-acre millpond feels primeval; it is more than 190 years old. Originally called Norfleets Millpond when it was first built back in 1811, it soon attracted gristmills, a sawmill and other enterprises to become the center of trade in Gates County. As a result, the name changed to Merchants Millpond.

At first glance, the eerie quality of the millpond almost overshadows its beauty. Alien-looking cypress knees rise from its still, dark waters. Tupelo gums draped by Spanish moss and sprouting resurrection ferns shade the continually shifting layers of floating duckweeds and water fern that carpet the pond's surface.

To truly experience the magic of the millpond, consider traveling by canoe. In fact, this is the only way to access the extraordinary virgin tupelo-bald cypress swamp that lies five miles deep within the pond. Here you lose track of time, gazing with awe at the misshapen, gnarled limbs and trunks of tupelo gum, maimed by parasitic mistletoe. This part of Lassiter Swamp has undergone little change since the Algonquin paddled through in fire-hollowed canoes a thousand years ago.

Keep an ear out for any number of frogs—carpenter, leopard, bull or cricket—they all thrive in this wetland world. If the sun is shining, look for pond turtles like cooters or sliders, soaking up its rays. Water snakes, typically harmless, abound, but do watch out for the venomous cottonmouth. The long-nosed gar and the bowfin—two primitive species of fish—call the millpond home. These fish have remained relatively the same for millions of years. Look to the skies for examples of more than 200 species of birds that have been recorded in the park, including swamp warblers, egrets, turkeys, owls and parulas. Four-footed creatures such as mink, river otter, bobcat, deer and raccoons also bed down here.



A pea soup of floating duckweeds and water fern surround trunks of ancient tupelo gum and cypress in Merchants Millpond.

WAYS TO EXPERIENCE THE PARK

To explore the millpond by canoe, bring your own or take advantage of rental facilities. You can enter the water via the boat ramp and pier in the parking area and follow the marked trail to canoe campsites. Fees start at \$5 for the first hour and \$3 for each additional hour.

In addition to canoeing, visitors may be interested in fishing or hiking. Lower a line into the water from shore or boat (trolling motors only) to net largemouth bass, bluegill, chain pickerel and black crappie. Take to the park's nine miles of trails to see the pond from a different vantage point.

The park offers both large and small groups various places to pitch a tent. There is a 20-site family campground accessible by car that offers restrooms, showers and drinking water. Or you can canoe to one of 10 more primitive sites. Five other sites can be reached via foot. Most are available on a first-come basis and prices range from \$9–\$15 per site, per day.

Early spring may be the best time of year to visit. The water is high and ticks and snakes are more likely to leave you alone.

TO LEARN MORE

Rangers deliver educational talks about the park on a regular basis. Here are a few upcoming events in May (find more on the park's Web site, listed below):

Feeling Froggy, hike and slide program, May 13, 8:15 p.m.

Spring Bird Hike, May 14, 8:30 a.m.

Reptiles and Amphibians, May 20, 3 p.m.; May 21, 2 p.m.

Merchants Millpond State Park

71 US Hwy 158E

Gatesville, NC 27938

(252) 357-1191

e-mail: merchants.millpond@ncmail.net

<http://ils.unc.edu/parkproject/visit/memi/home.html>

19 SOMERSET PLACE

Washington County

Long before you reach Somerset Place, you'll see evidence of slave labor on this former plantation—a 20-foot wide canal keeping pace alongside the Washington County back roads you're traveling. The slaves dug this 4-to-6-foot-deep transportation route by hand, using picks and shovels. It took them two years to dig six miles worth of canal to create productive farmland and provide a means of transportation.

Follow the canal to this 37-acre state historic site to get a glimpse of 19th century life on what was once one of North Carolina's three largest plantations. Originally, Somerset Place included more than 100,000 swampy acres, hundreds of which were cultivated to produce rice, corn, oats, wheat, beans, peas and flax over an 80-year period (1785–1865). During these active years, three generations of owners, approximately 50 white employees, two free black employees and more than 850 enslaved people lived and worked on the plantation.

In 1786 Josiah Collins brought about 100 enslaved Africans to the site to build the afore-mentioned canal. The waterway made it possible to turn surrounding swampland into productive farmland for growing rice and other crops. It also served as a transportation route to the Scuppernon River in order to sell these crops. As the business expanded, Collins established Somerset Place, named for his county of birth (Somersetshire) in England. Ownership of the former plantation would eventually pass to Josiah Jr. and then onto his son Josiah Collins III whose family actually lived there.

No doubt the enslaved community made up the backbone of Somerset Place. The original group of 167 skilled workers came from West Africa, Edenton and neighboring states. Most stayed on the plantation to avoid the consequences of running away—undergoing whippings, being put in stocks, or being sold. Other acts of defiance included trying to poison the overseer in 1853.

The prosperity of plantation life drew to a close after the Civil War with the departure of the emancipated slaves. Somerset Place fell into disrepair until it was restored in the 1950s and went on to become a state historic site in 1965.



One of 14 rooms in the Greek Revival-style mansion at Somerset Place.



The 7,000-square-foot mansion at Somerset place.

THE GROUNDS AND VICINITY

Located within Pettigrew State Park, the main house, out-buildings within the compound (all original), and the slave quarters sit back from the road, a sweeping 12-acre vista of 400-year-old cypress and sycamore trees. On the grounds you'll find a formal garden, plantation hospital, smoke-house, 26 slave cabins and more. The 7,000-square-foot yellow mansion faces Lake Phelps. At five miles wide, it's the second largest natural lake in the state. Believed to be more than 38,000 years old, the origin of Lake Phelps remains a mystery to this day.

WHEN YOU GO

Admission to Somerset Place is free although donations are accepted. Allow enough time—approximately 90 minutes—for orientation and a guided tour of the buildings and grounds. You can also check out the book, "Somerset Homecoming: Recovering a Lost Heritage," written by the manager of the site, Dorothy Redford, and Michael D'Orso.

Somerset Place

2572 Lake Shore Road
Creswell, NC 27928

(252) 797-4560

www.ah.dcr.state.nc.us/sections/hs/somerset/somerset.htm

No Bojangles. No Wings retail stores. No McDonald's. The lack of development may have you feeling a bit out of place on Cape Lookout National Seashore. But it won't take long to get used to the sand, water, windswept beauty and unusual solitude.

With untouched beaches on one side and marshlands on the other, this 56-mile long section of the Outer Banks runs from Ocracoke Inlet on the northeast to Beaufort Inlet on the southeast. Average width is a mere ½ mile. The three undeveloped barrier islands which make up the seashore—North Core Banks, South Core Banks and Shackleford Banks—may not be the easiest places to access, but once there, you're in for a visit filled with lost towns, a lighthouse, endangered species and the kind of wilderness you only find in books nowadays.

ATTRACTIONS

Portsmouth Village, North Core Banks: Over a century ago, it was a bustling sea village thanks to Ocracoke Inlet, a major trade route through the Outer Banks. However, once shipping routes shifted toward deeper inlets in 1846, the village's prosperity diminished and then disappeared during the Civil War when much of the population fled, never to return. Fishing then became the primary occupation for remaining islanders. But the population continued to decline until the last two residents left in 1971. Today many buildings are still standing in the 250-acre historic district. The visitor center and the church are open to the public.

Cape Lookout Lighthouse, South Core Banks: Completed in 1859, this 165-foot-tall lighthouse, one of tallest on the east coast, warns ships away from dangerous Cape Lookout Shoals. The original 1812 tower ran ships aground due to its inadequate height (104 feet tall) and smoking lamps which made it difficult for ships to see its dim lights.

Natural resources, including endangered species: The Cape Lookout National Seashore protects one of the few remaining natural coastal barrier island systems in the world. The

maritime forest on Shackleford Banks represents one of several left on the North Carolina coast. The seashore's native grasslands comprise the only remaining natural grasslands in the eastern United States.



On 2,500-acre Shackleford Banks, you'll find wild ponies.



You won't find much beyond sun, sand and waves on the Cape Lookout National Seashore.

The seashore is home to a number of birds, including the endangered piping plover, roseate tern, peregrine falcon and the bald eagle. On 2,500-acre Shackleford, you will find more than 100 wild ponies, abandoned by the island's last inhabitants who left in the 1890s due to a massive hurricane. The seashore is also the northernmost habitat for the Loggerhead Turtle, an endangered marine turtle that lays its eggs on the shores of the Outer Banks.

Sea Kayaking and Fishing: Paddle past dolphins, migrating humpback whales, and the lighthouse while great blue herons, brown pelicans and egrets fill the sky above you. Kayak launch sites include East Harkers Island, West Harkers Island, and Beaufort Waterfront.

Surf fishing on this stretch of coast yields all sorts of fish including Bluefish, Trout, Spot, Pompano, Sheephead and more. Shelling in early spring is another popular activity.

HOW TO GET THERE AND GET AROUND

There are three visitor's centers for the Cape Lookout National Seashore—one on Harkers Island that is open daily; one in the Lighthouse Keeper's Quarters and one in Portsmouth Village. These last two are open seasonally.

You must rent a public ferry or use your own personal boat to get to the islands. Ferry service is offered mid-March through November. Pricing depends on the season.

Although most prefer to walk, driving, including all-terrain vehicles (ATVs), on North Core Banks and South Core Banks is permitted. Rules exist to protect the park's natural resources and to keep visitors safe.

WHERE TO STAY

Camping is primitive. Be prepared for very little shade or shelter and no source for supplies. Campers must bring everything they need, including drinking water. Pack out what you pack in, including trash.

Primitive cabin rentals are also available from April to December.

Cape Lookout National Seashore
National Park Service
131 Charles Street
Harkers Island, NC 28531

(252) 728-2250
www.nps.gov/caloc
www.friendsofportsmouthisland.com

CAROLINA COUNTRY TRAVEL RESOURCES

MOUNTAINS

Alexander County
(828) 632-8141

Alleghany County Chamber
(800) 372-5473
www.sparta-nc.com

Andrews Chamber
(828) 321-3584
www.grove.net/~andrewschamber

Ashe County Chamber
(888) 343-2743
www.ashechamber.com

Asheville CVB
(800) 280-0005
www.exploreasheville.com

Avery/Banner Elk
(800) 972-2183
www.balconyoftheblueridge.com

Beech Mountain Chamber
(800) 468-5506
www.beechmntn.com

Black Mountain
(800) 669-2301
www.exploreblackmountain.com

Blowing Rock
(828) 295-7851
www.blowingrock.com

Blue Ridge Parkway
469-mile scenic highway
(828) 298-0398
www.blueridgeparkway.org

Boone CVB
(800) 852-9506
www.visitboonenc.com

Brevard/Transylvania County Tourism
(800) 648-4523
www.visitwaterfalls.com

Brevard-Transylvania Chamber
(828) 883-3700

Burke County Travel & Tourism, Morganton
(828) 433-6793/(888) 462-2921

Caldwell County
(828) 726-0616

Canton Papertown Association
(828) 646-3412
www.cantonpapertown.com

Cashiers Area
(828) 743-5191
www.cashiersnorthcarolina.com

Catawba County
(828) 328-6111

Cherokee Chamber
(800) 438-1601/(828) 497-9195

Cherokee County
(828) 837-2242
www.cherokeecountychamber.com

Cherokee Indian Reservation
(800) 438-1601
www.cherokee-nc.com/main.htm

Clay County Chamber
(828) 389-3704
www.claycounty-nc-chamber.com

Cleveland County Chamber
(704) 487-8521
www.clevelandcounty.com
www.clevelandchamber.org

Dillsboro Merchants Assn
(800) 962-1911

Franklin Chamber
(888) 641-6463/(828) 524-3161
www.franklin-chamber.com

Glendale Springs (Ashe County)
(800) 342-2743
www.glendalesprings.com

Graham County Travel & Tourism
(828) 479-3790/(800) 470-3790
www.grahamcountytravel.com

Greater Hendersonville Chamber
(828) 692-1413
www.hendersonvillechamber.org

Haywood County Chamber
(828) 456-3021/(877) 456-3073
www.haywood-nc.com

Haywood County/Maggie Valley/Waynesville
Gateway to the Smokies
(800) 334-9036/(828) 452-0152
www.smokeymountains.net

Henderson County Travel & Tourism
(800) 828-4244
www.historichendersonville.org

Hickory Metro CVB & Regional Visitors Center
(800) 509-2444/(828) 322-1335
www.hickorymetro.com

Hickory Nut Gorge
(828) 625-2725

High Country Host
Travel and accommodations information
(800) 438-7500
www.mountainsofnc.com

Highlands Chamber & Visitors Center
(828) 526-2112
www.highlandschamber.org

Jackson County Travel & Tourism
(800) 962-1911/(828) 586-2155
www.mountainlovers.com

Kings Mountain-Branch of Cleveland County Chamber
(704) 739-4755

Lincolnton-Lincoln County
(704) 735-3096
www.lincolinchambernc.org

Madison County
(877) 262-3476/(828) 680-9031
www.visitmadisoncounty.com

Maggie Valley Area CVB
(800) 624-4431/(828) 926-1686
www.maggiervalley.org

McDowell Chamber
(828) 652-4240

McDowell Tourism Development Authority, Old Fort
(888) 233-6111/(828) 668-4282
www.mcdowellinc.org

Mitchell County Chamber, Spruce Pine
(828) 765-9483/(800) 227-3912
www.mitchell-county.com

Mooresville CVB
(704) 799-2400/(877) 661-1234
www.racecityusa.org
www.mooresvillenc.org

Mountain Information Centers, Asheville
(828) 654-8822

Mountain Information Centers
(828) 258-4662

NC Welcome Center
(I-40 West, Waynesville)
(828) 627-6206

North Wilkesboro
(336) 667-7129
www.north-wilkesboro.com

Old Fort Chamber
(828) 668-7223/(888) 233-6111
www.oldfort.org

Polk County Chamber
(828) 859-6236
www.polkchamber.org

Polk County Visitors Center, Tryon
(800) 440-7848
www.nc-mountains.org

Rutherford County Chamber
(828) 287-3090

Rutherford County Tourism Development
(800) 849-5998/(828) 245-1492
www.rutherfordtourism.com

Statesville CVB
(877) 531-1819/(704) 878-3480
www.visitstatesville.org

Smoky Mountain Host
Guide to attractions, accommodations
(800) 432-4678
www.visitsmokies.org

Swain County
(800) 867-9246/(828) 488-3681
www.greatsmokies.com

Wilkes County Chamber
(336) 838-8662
www.wilkesnc.org

Wilkesboro
(336) 838-3951
www.wilkesboronc.com

Yancey County-Burnsville Chamber
(828) 682-7413/(800) 948-1632
www.yanceychamber.com

WESTERN PIEDMONT

Anson County (Wadesboro)
(704) 694-4181
www.ansoncounty.org

Archdale-Trinity Chamber
(336) 434-2073
www.archdaletrinitychamber.com

Belmont
(704) 825-5307

Bessemer City Area
(704) 629-3900
www.bessemercity.com

Cabarrus County CVB
(800) 848-3740
www.cabarruscvb.com

Charlotte Chamber
(704) 378-1300
www.charlottechamber.org

Charlotte CVB
(800) 722-1994
www.charlottecvb.org

Cherryville Chamber
(704) 435-3451
www.cherryville.com

Davidson County
www.davidsoncountync.com

Davie County Chamber
(336) 751-3304
www.daviecounty.com

Denton Area Chamber
(336) 859-5922

Eden
(336) 623-3336

Elkin-Jonesville Chamber
(336) 526-1111
www.ejchamber.com

Gaston County Chamber
(704) 864-2621
www.gastonchamber.com

Gaston County Travel & Tourism
(800) 849-9994
www.gastontourism.com

Greater Mount Airy
(800) 576-0231
www.visitmayberry.com

Greensboro Area Chamber
(336) 275-8675
www.greensboro.org

Greensboro Area Convention and Visitors Bureau
(800) 344-2282/(336) 274-2282
www.visitgreensboro.com

High Point Chamber
(336) 889-8151
www.highpointchamber.org

High Point Convention and Visitors Bureau
(800) 720-5255/(336) 884-5255
www.highpoint.org

Kernersville Chamber
(336) 993-4521
www.kernersvillenc.com

King Chamber
(336) 983-9308
www.kingnc.com

Lake Norman Chamber
(704) 892-1922
www.lakenorman.org

Lexington Area Chamber and Visitors Center
(866) 604-2389/(336) 236-4218
www.visitlexingtonnc.com

Liberty Chamber
(336) 622-4937

Marshville
(704) 624-3183

Matthews Chamber
(704) 847-3649
www.matthewschamber.com

Mint Hill
(704) 545-9726
www.minthill.com

Monroe Tourism & Visitors Bureau
(704) 225-1085
www.visitmonroenc.org

Piedmont Triad Visitors Center
(800) 388-9830/(336) 388-9830
www.greensboronc.org

Randolph County Tourism, Asheboro
(336) 626-0364
www.visitrandolphcounty.com

Reidsville
(336) 349-8481

Rowan County Chamber
(704) 633-4221

Rowan County CVB
(800) 332-2343/(704) 638-3100
www.visitsalisburync.com

Stanly County Chamber
(704) 982-8116
www.stanlychamber.org

Stanly County CVB
(800) 650-1476/(704) 986-2583
www.stanlycvb.com

Stokes County
(336) 593-2496
www.stokescounty.org

Thomasville Visitors Center
(336) 472-4422/(800) 611-9907
www.thomasvilletourism.com

Union County Chamber
(704) 289-4567
www.unioncountycoc.com

Western Rockingham Chamber
(336) 548-6248
www.westernrockinghamchamber.com

Winston-Salem Visitor Center
(800) 331-7018/(336) 728-4200
www.visitwinstonsalem.com

Yadkin County Chamber
(336) 679-2200
www.yadkinchamber.org

Yadkin-Pee Dee Lakes Project
(704) 422-3215
www.lakesproject.org

EASTERN PIEDMONT

Angier
(919) 639-2500
www.angierchamber.org

Apex Chamber
(919) 362-6456/(800) 345-4504
www.apexchamber.com

Benson Chamber
(919) 894-3825
www.benson-chamber.com
www.bensonmuledays.com

Burlington/Alamance CVB
(800) 637-3804/(336) 570-1444
www.burlington-area-nc.org

Capital Area Visitor Center
(919) 733-3456

Cary Chamber
(919) 467-1016
www.townofcary.org
www.carychamber.com

Caswell County Chamber
(336) 694-6106

Chapel Hill/Orange County
(888) 968-2060/(919) 968-2060
www.chocvb.org

Chapel Hill-Carrboro Chamber
(919) 967-7075
www.carolinachamber.org

Clayton Chamber
(919) 553-6352
www.claytonchamber.com

Clinton-Sampson County
(910) 592-6177

Dunn Area Tourism Authority
(910) 892-3282
www.dunntourism.org
www.visitDunn.com

Durham CVB
(919) 687-0288/(800) 446-8604
www.durham-nc.com

Erwin Area
(910) 897-7300
www.erwinchamber.com

Fayetteville Area CVB
(800) 255-8217/(910) 483-5311
www.visitfayettevillenc.com

Franklin County
(919) 496-3056
www.franklin-chamber.org

Fuquay-Varina Area
(919) 552-4947
www.fuquay-varina.com

Garner Chamber
(919) 772-6440
www.garnerchamber.org

Garner
(919) 772-4688
www.ci.garner.nc.us

Granville County Chamber
(919) 693-6125/(919) 528-4994
www.granville-chamber.com

Greater Durham Chamber
(919) 682-2133
www.durhamchamber.org

Greater Raleigh Chamber
(919) 664-7000
www.raleighchamber.org

Greater Raleigh CVB
(800) 849-8499/(919) 834-5900
www.visitraleigh.com

Hillsborough/Orange County
(919) 732-8156
www.hillsboroughchamber.com

Historic Hillsborough
(919) 732-7741
www.historichillsborough.org

Holly Springs Town Hall
(919) 552-6221
www.hollyspringsnc.us

Hope Mills
(910) 423-4314
www.hopemillschamber.com

Johnston County Visitors Bureau
(800) 441-7829
www.johnstoncountync.org

Knightdale Chamber
(919) 266-4603/(919) 217-2211
www.knightdalechamber.org
www.ci.knightdale.nc.us

Laurinburg/Scotland County Area
(910) 276-7420
www.laurinburgchamber.org

Lillington Area
(910) 893-3751
www.lillington.org

Lumberton Visitors Bureau
(800) 359-6971/(910) 739-9999
www.lumberton-nc.com

Montgomery County
(910) 572-4300
www.montgomery-county.com

Morrisville
(919) 380-9026
www.morrisvillenc.com

Pembroke
(910) 521-9758

Person County Tourism
(336) 597-2689
www.visitroxboronc.com

**Pinehurst, Southern Pines
and Aberdeen Area CVB**
(800) 346-5362/(910) 692-3330
www.homeofgolf.com

Pittsboro-Siler CVB
(800) 316-3829
www.visitpittsboro.com

Raeford-Hoke
(910) 875-5929
www.hoke-raeford.com

Red Springs
(910) 843-5441

**Richmond County Chamber,
Rockingham**
(800) 858-1688/(910) 895-9058
www.richmondcountychamber.com

Rolesville Town Hall
(919) 556-3506
www.ci.rolesville.nc.us

Roxboro Area Chamber
(336) 599-8333
www.roxboronc.com

Saint Pauls
(910) 865-4179

Sandhills Area Chamber
(910) 692-3926
www.sandhillsonline.com

Sanford Area Chamber
(919) 775-7341
www.sanford-nc.com

Smithfield-Selma Area Chamber
(919) 934-9166
www.smithfieldselma.com

Greater Spring Lake Chamber
(910) 497-8821
www.springlakenc.org

**Vance County Tourism Department
(Henderson)**
(866) 438-4565/(252) 438-2222
www.kerrlake-nc.com

Wake Forest Area
(919) 556-1519
www.wakeforestchamber.org

Warren County EDC
(252) 257-2657
www.warren-chamber.org

Wendell
(919) 365-6318
www.wendellchamber.com

Yadkin-Pee Dee Lakes Project
(704) 422-3215
www.lakesproject.org

Zebulon
(919) 269-6320
www.zebulonchamber.org

SOUTHERN COAST

Bald Head Island Information Center
(800) 234-2441
www.baldheadisland.com

Beulaville
(910) 298-4647

Brunswick County, Shallotte
(800) 426-6644/(910) 754-6644
www.brunswickcountychamber.org

Brunswick Islands, Shallotte
(800) 795-7263
www.ncbrunswick.com

Cape Fear Coast CVB
(Wilmington, Carolina Beach,
Kure Beach, Wrightsville Beach)
(866) 266-9690/(910) 341-4030
www.gocapefearcoast.com

Columbus County Tourism
(800) 845-8419/(910) 640-2818
www.discovercolumbus.org

Coast Host
Information on attractions and
accommodations
www.coasthost-nc.com

Duplin County Marketing
(800) 755-1755/(910) 296-2181
www.duplintourism.org

Elizabethtown-White Lake
(910) 862-4368
www.elizabethtownwhitelake.com
www.bladeninfo.org

Fair Bluff
(910) 649-7202

Faison
(910) 267-2721

Greater Chadbourn
(910) 654-3445

**Greater Goldsboro
Travel & Tourism**
(919) 734-2245/(866) 440-2245
www.greatergoldsboro.com

Greater Hampstead Chamber
(910) 270-9642/(800) 833-2483
www.hampsteadchamber.com

Greater Jacksonville-Onslow
(910) 347-3141
www.jacksonvilleonline.org
www.onslowcountytourism.com

Greater Topsail Area
(800) 626-2780
www.topsailcoc.com

Greater Whiteville
(800) 538-2449/(910) 642-3171

Kenansville Area
(910) 296-2180

Kenly Chamber
(919) 284-5510
www.kenlynorthcarolina.com

Kinston CVB
(800) 869-0032
www.visitkinston.com

Kinston-Lenoir County Chamber
(252) 527-1131
www.commercekinstonlc.com

LaGrange
(252) 527-1131

Mt. Olive Area Chamber
(919) 658-3113
www.moachamber.com
www.ncpicklefest.org

Nash County Visitors Bureau
(800) 849-6825
www.RockyMountTravel.com

NC Ferries
(800) BY-FERRY
www.ncferry.org

Onslow County Tourism
(800) 932-2144
www.onslowcountytourism.com

Pender County
(Burgaw)
(910) 259-9817
www.visitpender.com

Pleasure Island (Carolina Beach, Kure Beach, Fort Fisher)
(800) 222-4757/(910) 341-4030
www.gocapefearcoast.com
www.carolinabeachgetaway.com
www.explorekurebeach.com

Rose Hill
(910) 289-2721

Southeastern Welcome Center
(I-95 South, Rowland)
(910) 754-2505

Southport Visitor Center, Southport
(910) 457-7927
www.cityofsouthport.com

Southport-Oak Island
(800) 457-6964/(910) 457-6964
www.southport-oakisland.com

Tabor City
(910) 653-2031

Wallace
(910) 285-4044

Warsaw
(910) 293-7814

Wayne County Chamber
(919) 734-2241
www.waynecountychamber.com

Wilson Visitors Bureau
(252) 243-8440/(800) 497-7398
www.wilson-nc.com

Wrightsville Beach Visitors Center
(866) 266-9690/(910) 341-4030
www.visitwrightsville.com

NORTHERN COAST

Ahoskie Chamber
(252) 332-2042

Aycock Brown Welcome Center, Kitty Hawk
(252) 261-4644
www.outerbanks.org

Belhaven Community Chamber
(252) 943-3770
www.belhavenchamber.com

Chowan County Tourism, Edenton
(800) 775-0111/(252) 482-3400
www.visitedenton.com

Coast Host
Information on attractions and accommodation.
www.coasthost-nc.com

Corolla/Currituck Chamber
(252) 453-9497/(877) CURRITUCK
www.currituckchamber.org

Crystal Coast Tourism Authority
(800) 786-6962/(252) 726-8148
www.crystalcoastnc.org

Dare County
(252) 475-5000
www.darenc.com

Dismal Swamp Canal Welcome Center, Camden County
(252) 771-8333
www.DismalSwamp.com

Duck
(252) 255-1234
www.townofduck.com

Eastern NC Chamber
(919) 237-5151

Elizabeth City Area CVB
(252) 335-5330
www.discoverec.org

Farmville Chamber
(252) 753-4670

Gates County Manager
(252) 357-1240

Greater Tyrrell County Chamber
(252) 796-1996

Greenville/Pitt County CVB
(800) 537-5564
www.visitgreenvillenc.com

Havelock
(252) 447-1101
www.havelockchamber.net

Halifax County Tourism
(800) 522-4282
www.visithalifax.com

Historic Albemarle Tour
(800) 734-1117
www.historicnenc.com

Historic Bath Visitor Center
(252) 923-3971
www.bath.nchistoricsites.org

Hyde County Chamber
(252) 926-9171/(888) 493-3826
www.hydecounty.org

Kill Devil Hills
(252) 449-5300
www.kdhnc.com

Kitty Hawk
(252) 261-3552
www.townofkittyhawk.org

Lake Gaston Chamber and Visitors Center
(252) 586-5711/(866) 730-5711
www.lakegastonchamber.com

Manteo
(252) 473-2133
www.townofmanteo.com

Martin County Chamber
(252) 792-4131
www.martincountync.com

Martin County Travel & Tourism
(800) 776-8566
www.visitmartincounty.com

Murfreesboro Historical Association
(252) 398-5922

NC Ferries
(800) BY-FERRY
www.ncferry.org

NC Welcome Center (I-95 North).
(252) 537-9836

NC Welcome Center (I-85 North).
(252) 456-3236

Nags Head
(252) 441-5508
www.townofnagshead.net

New Bern/Craven County Convention and Visitor Center
(800) 437-5767
www.visitnewbern.com

Ocracoke NPS Visitor Center
(252) 928-4531

Outer Banks Chamber
(252) 441-8144
www.outerbankschamber.com

Outer Banks Welcome Center on Roanoke Island
(252) 473-2138/(877) OBX-4FUN
www.outerbanks.org

Pamlico County Visitor Center
(252) 745-3008
www.pamlicochamber.com
www.pamlicodirectory.com

Perquimans County Visitors Center
(252) 426-5657
www.perquimans.com

Roanoke Valley Chamber
(800) 522-4282
www.rvchamber.com

Rocky Mount
(252) 972-1151
www.ci.rocky-mount.nc.us

Scotland Neck
(252) 826-3152
www.townofscotlandneck.com

Southern Shores
(252) 261-2394
www.southernshores-nc.gov

Swansboro
(910) 326-1174
www.tourswansboro.com

Tarboro-Edgecombe Chamber
(252) 823-7241
www.tarboro-nc.com

Tyrrell County Visitors Center
(252) 796-0723
www.visittyrrellcounty.com

Washington County Tourism
(252) 793-3248
www.washingtoncountync.com

Washington/Beaufort County Visitor Information
(800) 999-3857
www.originalwashington.com

Windsor/Bertie County Chamber
(252) 794-4277
www.windsor-bertie.com

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55	\$ 3.20	\$ 2.53
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